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WHAT

EVERY MOTHER SHOULD KNOW.

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"As it is only too true, that our children have to dodge through the early part of life, as through a sort of pathological labyrinth, we must be thankful to meet with such a sensible guide for them as Dr. Ellis. He is eminently a practitioner among doctors, and a doctor among practitioners; that is to say, he is learned and wise, knows what is known, can do what should be done, and can put what he has to say in plain and comprehensible language."—*Pall Mall Gazette.*

"The author has a faculty of sketching out the characteristics of diseases and their treatment in striking outlines, and of making his points very clear and impressive."—*New York Medical Record.*

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WHAT

EVERY MOTHER SHOULD KNOW.

BY

EDWARD ELLIS, M. D.,

LATE SENIOR PHYSICIAN TO THE VICTORIA HOSPITAL FOR SICK CHILDREN, AND FORMERLY PHYSICIAN TO THE SAMARITAN FREE HOSPITAL FOR WOMEN AND CHILDREN, AND TO THE NORTH LONDON HOSPITAL FOR CONSUMPTION, ETC. AUTHOR OF "A PRACTICAL MANUAL OF THE DISEASES OF CHILDREN," ETC.

PHILADELPHIA:
PRESLEY BLAKISTON,
1012 WALNUT STREET.
1881.

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PREFACE.

The present little volume owes its origin in some degree to a very favorable review of the third edition of my work, called a "Practical Manual of the Diseases of Children," which appeared in the *Pall Mall Gazette* of March 18, 1878, and from which review the following passages are extracts:—

"There are two classes of books which are worse than useless in the nursery. The 'domestic medicine' kind pretend to explain everything and to point out a remedy for everything, and, of course, lead to meddlesome mischief. They are, in fact, too often, manuals of domestic infanticide. The high scientific treatises, in which there is genuine information couched in technical language, would only bewilder an anxious mother. The big words and mystery magnify her troubles tenfold. Yet there are hundreds of nurseries in which a plain, sensible guide is wanted. It is not every young wife that can afford to have an experienced nurse at command, or who is lucky enough to be able to consult an experienced mother as to what is the matter with her child, and whether she ought or ought not to send for a doctor. This practical manual, by Dr. Ellis, ex-

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actly replaces both nurse and mother, and gives her the means of judging and acting rightly."

Nevertheless, the volume here reviewed is addressed to the medical student and medical practitioner, and contains a great deal of technical and purely professional matter, which would scarcely be intelligible to mothers—at any rate, to ordinary mothers. Moreover, its price would prevent many from obtaining access to it, and those a class to whom, I imagine, such a work in a cheaper form would be especially useful. During my residence in New Zealand the desire for such a small manual has been very frequently expressed by up-country settlers and others, unable readily to procure medical attendance, and also by many mothers, anxious for some book of reference upon the different "foods" and general diet for children in health and disease. I have, therefore, taken the substance of some chapters of the larger volume, and added some general directions on nursing, hygiene, and other matters needful in the management of an ordinary nursery. I have at the same time omitted as many technicalities as I could, so as to render this little work, as far as possible, "a manual of what every mother should know." I have aimed at giving such an account of symptoms as should enable parents to form an opinion whether a child be seriously ill or not. I have made no attempt to advise a mother to treat a child suffering from severe ill-

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ness. I am satisfied that such a course is impossible, unless the study of medicine be mere waste of time; but in the case of those not too well off, or at a distance from medical aid, it may be of much value to recognize a simple from a dangerous ailment, and to recognize early insidious symptoms which are so constantly recognized too late, even by the wealthiest and such as are anxious to obtain medical assistance when needed.

I have added a chapter on injuries and accidents, such a chapter being imperatively needed in many remote households.

Cranmer Square,
Christ Church, New Zealand.

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EVERY MOTHER SHOULD KNOW.

INTRODUCTORY.

Those who would be blessed with healthy children must be themselves healthy, and living in obedience to the laws of nature and morality. It is certain that the children of individuals in a state of good physical health and of highly cultivated moral and intellectual powers start from the highest vantage ground of humanity, and inherit tendencies of the best and noblest kind. The converse is equally true, and the children of the debilitated, the drunken, and the debased, start their race in life heavily handicapped with innate tendencies alike to physical ailments and to moral depravities. It is worse than idle, for our present purpose, to speculate why this is the case. The fact remains, and from it may be readily inferred the heavy responsibilities of the marriage contract. A man and woman about to marry should remember that upon their health and

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happiness, upon their obedience to the best rules and highest discipline of life, will depend not only their own comfort, but, to a large extent, the constitutions, physical and mental, of their offspring. Can any higher motive, apart from religion itself, exist to strengthen the habitual supremacy of regular living and good temper, and all the wholesome charities of home, than the reflection that by the constant cultivation of these, improved physical conditions and higher moral and intellectual capacities may be handed down to our children?

It is with very deep regret, and with an anxious outlook for the generation to come, that one reads such extracts as the following from the *Saturday Review:* "It may seem a harsh thing to say, but it is none the less true, society has put maternity out of fashion, and the nursery is, nine times out of ten, a place of punishment and not of pleasure, to the modern mother." So much the worse for the modern mother, and so much the worse for society, if the indictment be true. Then the *World* tells us that "the fashionable woman of to-day is hardly disposed to count her children among the goods the gods give. If the first-born appeals to those instincts of maternal affection

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which she possesses in common with the lower animals, her nursery no sooner begins to fill than her children take their place among the plagues of life." If this be in any degree a fair statement of the case in any section of the community (and the section indicated is undoubtedly the highest), then beyond doubt our modern civilization, luxury, and extravagance are very questionable blessings. A very able writer, in seeking an explanation of these things, assigns as one reason that the modern lady has become "a doll to be decked and draped and carried out, instead of an active, laborious, working help-meet to man." Better far, if such is the portrait of the British mother of modern times, to have done with the over refinements of an unnatural society—the pampered ease of wealth and fashion—and to go back to the active housewife of our forefathers' days, to the woman who *could* and *did* both "toil and spin," who had more wholesome occupation than novel-reading, and who found subject for pride in the health and well-being of her offspring. Monsieur Mayer avers that a veritable plague is to-day scourging the society of France, spreading ruin in its families. It is, he says, to use a consecrated expression, "the unbridled luxury of women."

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America and England re-echo the cry, and as Tennyson says:—

> "The woman's cause is man's. They rise or sink
> Together. Dwarfed or god-like, bond or free.
> If she be small, slight-natured, miserable,
> How shall men grow?"

It is the solemn duty of every medical man, as far as may lie in his power, to urge a return to the dictates of reason and common sense; then we may hope to hear less of idle, useless, and luxurious women, and find noble wives and happy mothers in their place.

To begin at the very beginning, and in accordance with what has been just said, when a woman finds herself pregnant, she should remember that she has a future life depending upon her wisdom or folly, prudence or imprudence. Let her then live simply, rising early, enjoying free ablution, eating good, plain, wholesome food, occupying herself cheerfully, getting daily exercise, avoiding stimulants beyond a glass of beer or a glass or two of wine, if used to such, avoiding late hours, balls, excitements, over-fatigue of every kind. Let her take care that the bowels are relieved regularly, and towards the close of the period a dose of old-fashioned castor-oil once or

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twice a week will be of real service in getting everything ready for the labor. A well-fitting elastic abdominal belt is of much comfort to stout ladies when pregnant, and to all when the stomach is large and heavy. It is an excellent plan to bathe the nipples for several weeks before the confinement is expected, with a little alum and water, brandy and water, or eau-de-cologne and water; about one part of spirit to three of water makes a good application. This would often prevent "sore nipples" altogether.

A word upon sore nipples. They are often an indirect cause of deficient lactation. Many remedies are extolled. I have found the most serviceable to be, for mild cases, painting the nipples, after each time the child has suckled, with a little so-called Friar's balsam, or tinct. benzoin comp., or liniment of lime, or with a lotion containing borax, or a powder of borax and starch, or a powder of gum arabic and powdered alum or borax. Carefully drying the nipple with a very old, soft rag after each suckling, and then applying powdered spermaceti, is recommended by Dr. Tanner. Sometimes a weak solution of nitrate of silver, seven grains to the ounce, answers well. In worse cases, a glass shield and artificial nipple

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must be used, and Dr. Wansbrough's metallic shields may be worn with advantage when the child is not suckling. If the baby have an "aphthous" mouth,* it is needless to say the mouth must receive attention if the sore nipples are to be cured. The child should have the mouth and tongue freely and often smeared with glycerine of borax, and take a few doses of chlorate of potash, a grain or two grains in sweetened water. The nipples may be covered with the glycerine of borax, or any of the other methods just described may be employed. Dr. Haussmann, of Berlin, recommends compresses soaked in a five per cent. solution of carbolic acid, and changed every two or three hours, as the best remedy for sore nipples.

Suppose the babe just born; what is to be done with it? It is to be thoroughly washed with warmish water, by means of a piece of nice, soft flannel; if much of the "vernix caseosa," or cheesy kind of compound that is often present on newborn children, exists, a little oil or fresh butter will assist in its removal. There is no objection to the use of Castile soap, white curd soap, plain glycerine soap, plain honey soap, or elder-

i. e., Little or much affected with thrush.

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flower soap of a good maker, to aid in this or any washing of children. This is an age of adulteration; to prevent its beginning at the cradle, obtain the purest soap you can, for acrid or highly-scented soaps may only set up inflammation of the eyes, or cause irritation of the skin. The baby is afterwards to be thoroughly well dredged over with unscented starch-powder, which, with the addition of scent, forms violet powder. The scent is sometimes, with irritable skins, better dispensed with. In most cases violet powder does very well. But if any excoriation exists, as it frequently will, about the groin and perineum, after very free sponging with plenty of warm water—no soap of any kind admissible—a little pure oxide of zinc (Hubbuck's is reputed pure) should be dredged instead of the starch-powder, over the parts, *after* careful and thorough drying with soft rags or napkins.

An infant's clothes should never be washed with soda. The bath should be thoroughly given every morning, gradually getting it from warmish to cold—in the Australian colonies cold all the year round; in England, a dash of warm in the winter, but the colder the more strengthening, so it be not below 60° Fahr. A good bath ther-

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mometer, which will also indicate the temperature of the room, should be in every nursery.

A piece of soft linen rag with a hole in it (some persons like the edges of the hole singed, *i. e.*, lighted for a moment by a common candle and blown out, but this is really quite useless) is to be applied to the infant's belly, the cord of the navel drawn through the hole in the rag, turned upward on the abdomen, the rag folded neatly round the cord and the flannel binder applied over all. Bleeding from the navel-cord is a very serious matter indeed. It is fortunately rare. Its occurrence varies from within a few hours to the eighteenth or twentieth day after birth. It occurs most generally about the eighth day.

The navel cord is usually completely separated within five days to one week after birth. Sometimes it is as long as a fortnight. At any rate, let it alone; let it take its own time.

The baby should be put to the breast, some say before the doctor leaves the house; all agree within six hours. If there be tendency to bleeding from the womb, the suckling of the infant will tend to check it; if not, the suckling still tends to contract and tone the condition of the womb.

The "colostrum" or earliest milk is a purga-

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tive, nature's "castor oil," nature's "honey and manna," the best purgative the young infant can receive. Further, the very act of suckling is the best provocative to the breasts to begin secreting. It is the babe's telephonic whisper that milk is needed, and the mammary system speedily replies to the message, and the sweet, pure milk is there in abundance.

The quantity of milk furnished by a healthy woman is about three pints daily for a child three months old. Younger children take less, about a quart and a quarter, and older children from forty-eight to sixty fluid ounces, in drinks varying from a little under to a little over half a pint at a time, the drinks being taken from six to eight times in the twenty-four hours.

The free secretion of milk is promoted by a calm and equable temperament. All violent emotions and excitements exercise a prejudicial effect on the quantity and quality of the milk. Suction will sometimes increase a torpid flow, and gentle friction is also useful in aiding a scanty secretion.

Electricity has been used with considerable success for the like purpose, and coition in moderation certainly increases the lacteal flow.

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Generous diet, but an avoidance of rich and made dishes, plenty of milk and eggs, good beef and mutton, chicken and fish, a glass of good stout twice a day—no other stimulant—fresh air, cleanliness, and moderate exercise will generally keep up a fine healthy flow of rich, nourishing milk. Oysters, whiting soup, conger-eel soup, and crabs are reputed galactogogues (or promoters of milk). Pea soup, lentil soup, and turnips are recommended, as also, by old writers, fennel and parsnips. The decoction of the stalks and leaves of the castor-oil plant is strongly recommended by Dr. Routh, in the form of a preparation called the liquor palmæ christi, of which the dose is from one to two teaspoonfuls, three times a day; the galactogogue effects are stated to be strongly marked. A decoction of the milk weed or milk vetch is also frequently employed by the poor. Lastly, cocoa, chocolate, and cod-liver oil are frequently useful as adjuncts in the diet of the nursing mother whose milk threatens to cease.

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GENERAL MANAGEMENT DURING THE FIRST YEAR OF LIFE.

The average weight of a new-born child is seven pounds; the extremes are from four to eleven pounds. The following are the chief anatomical peculiarities of a new-born infant, and the practical inferences deducible therefrom. A new-born child has a small stomach, therefore do not suffer it to be overstuffed with food. Its intestinal action is more rapid, and the power of generating heat is small, hence the great need of warmth. Its heart is large, its brain is large, and contains less relative phosphorus than the adult brain. The brain of an idiot contains the least phosphorus of all—a possible hint for treatment. It is worth remembering that, owing to the large size of the liver in infants, a child is often sick when placed on its left side after suckling, owing to compression of the stomach by the weight of the liver. So if difficulty occurs in a child sucking the right breast, its legs should be turned under its mother's right arm, so that it may be allowed to suck lying on its right side.

A child should be washed in warmish water

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twice a day, carefully dried, and dusted over with unscented starch-powder; if there be any excoriations, oxide of zinc will replace the starch with advantage. An infant's clothes and napkins should never be washed in soda. If, on the separation of the navel, there is a little ulceration and serous exudation, zinc ointment is the best remedy, or a little bismuth ointment. If the navel be ruptured, it should be immediately secured with soap-plaster or diachylon, a small pad of lint over a piece of flat cork being placed on the protrusion; an elastic bandage over all is useful to keep things in place. In severe rupture a piece of sheet lead should be folded over the cork and well padded with lint, and then fastened as before.

The child's ordinary flannel bandage should not be left off till the third month, when it may be dispensed with gradually by using smaller ones. If pertussis or any straining cough be present, the band should not be left off even then.

No mother should willingly delegate to another the duty of nourishing her own offspring; no food whatever agrees with a child like its mother's milk; at the same time there are cases in which suckling is evidently beyond the mother's strength, or it may be inadvisable, by reason of some he-

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reditary taint, as cancer, consumption, and others equally as important. If the child be tongue-tied, the frænum linguæ will require snipping with a pair of scissors. Mr. Maunder recommends that this little operation be done with the nail. The child should be applied alternately to each breast at intervals at first of an hour and a half to two hours, gradually increased to three and four hours, as the child grows older. As a rule, no artificial food whatever should be permitted when the breast of milk is good; at any rate, until the sixth or seventh month.

The best test of the quality of the mother's milk is the fact that the child thrives or does not thrive.

There can be no question whatever of the incomparably greater value of the breast-milk over any method of artificial feeding, both as regards the chance of life and the perfection of the development of the infant. It is impossible to lay too much emphatic stress on this point, and those mothers who, from reasons of indolence, fashion, and what not, refuse to perform this sacred duty to their children, cannot, in many instances, be considered guiltless of the weakness, disease, and even death, which their willful neglect may entail. It

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is the duty of medical men to discountenance strongly the pretexts of fashionable mothers to obtain a wet nurse, that they may be free to rush back into the giddy scenes of frivolity and pleasure. "Can a woman forget her sucking child?" It seems that in these days not a few, but multitudes of women can and do forget them, and elect rather their own selfish gratifications than the life-long good of the helpless babes entrusted to their care. This is not the type of womanhood which has earned for women their character for nobility and self sacrifice. Nor let such flatter themselves that they shall escape the Nemesis of outraged nature. "A mother who does not suckle is more liable to peritonitis, inflammation of the uterus, abscesses in the breast, cancer of the breast and womb" (Decaisne). And it is certain that suckling exercises a most beneficial influence in causing tonic contraction of the womb. How constantly are we called upon to treat ladies suffering from backache, aching in the thighs, inability to stand long or walk much. Such have sensations of weight and bearing down, etc., and the cause is very often found to be a kind of flabby enlargement of the uterus, which has never properly contracted after confinement, and which

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leads, if neglected, to falling of the womb, to its being bent out of place, either forward or backward, to inflammation of its cavity, to divers kinds of "whites," and, in a word, to all sorts and conditions of uterine disorder.

"Bringing up by hand" may be said to be always fraught with more or less peril to the infant. Dr. Youl, the city coroner of Melbourne, put this somewhat strikingly, when he explained to a jury, quite recently, "that if one hundred children were put out to dry nurse with the best supervision, and every care taken, in less than three months from seventy to eighty of the number would be dead." Statistical tables show that the best developed children are those fed exclusively on breast-milk for a period of at least nine months. Of fifty children fed by hand entirely, only five were well developed, thirteen medium, and thirty-two badly developed; and this represents the condition of fifty survivors of dry nursing.

Probably a more serious problem does not exist than how to rear children by hand successfully, and it demands our closest and most anxious consideration. To begin with, cow's milk, if stall-fed, is often acid, while human milk is alkaline. This should be ascertained by the daily use of

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litmus paper. The cow's milk should be as new as possible, warm, by preference, and it should, where practicable, be the milk of one cow. The milk should be tested for watery adulteration, with an ordinary lactometer, an instrument no household should be without. In a doubtful case, a hydrometer should also be used, and the results of the two instruments compared. Also, the thickness of the coating of cream should be observed side by side with a sample of known pure milk. The pure new milk of a grass-fed cow should be supplied twice daily. To make a bottle—say eight ounces of food suitable for a child under three months—four ounces of such milk should be diluted with four ounces of hot water. A teaspoonful or two of lime-water should be added in any case, to prevent curdling, and a tablespoonful, two tablespoonfuls, or more, may be needed when the milk is acid, or if the child throws up lumps of curd. Such a state of things may also require the milk to be further diluted than half and half, one-third milk to two-thirds water and lime water may then be needed. A little ordinary salt, just a few grains, may be added, and some sugar of milk, or ordinary powdered loaf sugar. Brown sugar is never to be given, and sugar of milk is

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better than common white sugar, as it is less liable to ferment and cause acidity or diarrhœa. The food should be given at a warmth of about 98° Fahrenheit. The bottle should be scrupulously clean, thoroughly cleansed after each feeding, that no sour-milk coagulations may by any possibility get into the child's stomach. It is considered by Dr. Routh that the absence of phosphate of soda from cow's milk renders it less easily formed into an emulsion, and is, therefore, a reason why it often disagrees with young babies.

If cow's milk disagree, a small dose of pancreatic emulsion, from five to ten grains twice a day in a teaspoonful of sweetened water, or dill water, will often enable it to be retained and assimilated. This is a useful prescription in all varieties of hand-nursing; the above dose is for a baby under two months. I have repeatedly overcome obstinate sickness, disordered bowels, and other evidences of inability of the stomach to absorb and assimilate, by the use of pancreatic emulsion.

Ass's milk is often a valuable substitute for cow's milk. It is rather purgative in its action, but lime water will easily remedy this. Mr. Lobb advises the addition of a little cream to ass's

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milk, to bring it as nearly as possible to the composition of human milk.

Goat's milk, despite its peculiar odor (dependent upon hircic acid), agrees well with many children. In Auckland, New Zealand, goats are most plentiful, and numbers of children are reared by their milk. I have seen many children, almost given over at one period of their infancy, who throve splendidly as soon as goat's milk was obtained, despite the moist heat and enervating character of the Auckland climate.

In Christ Church, New Zealand, goats are comparatively rare, but they are obtainable, and I often witness the good results of their milk. In Ireland, Switzerland, Italy, and many parts of the United States, goat's milk is largely employed. The animal is easily fed on grass, with some beetroot, a little hay, or trefoil, or a few carrots now and then. It is destructive, and a bad gardener, but hardy, easily milked, and deserving of a larger trial in England than has hitherto been accorded to it. It should be mentioned that goat's milk renders a child's evacuations very offensive.

Other forms of diet adapted for occasional use or at weaning, may next be mentioned: *e. g.*, the crumb of bread, boiled and sweetened, with a lit-

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tle boiled milk added, is a good food; so are Robb's biscuits; so is baked flour, or baked flour and oatmeal (one part of oatmeal to two parts of flour), two tablespoonfuls with half a pint of milk, well boiled and sweetened, is a capital food. "Tops and Bottoms" are also excellent. Revalenta Arabica, or lentil food, is strongly recommended by Dr. Routh. Hard's Food, Neave's Food, Ridge's Food, Soojie, Wheat Phosphates, Tapioca and Semolina, Brown & Polson's Corn Flour, all have their advocates.

It is not at all easy to predicate which of these foods will prove most useful in individual cases. "Hard's" is apt to exercise a rather caustive effect, while "Neave's" is far less binding in its operation. I have found "Ridge's" very valuable in many cases, but equally unsuitable in others. Robinson's patent groats are often useful for a few days when much constipation exists, and they may be mixed in proportion of one-half or one-third part to either of the other foods, if desirable. Arrowroot made with new milk is a very nourishing food. Rice milk and rice jelly are especially useful when the bowels are disordered.

Dr. Routh says, regarding lentil powder, or Revalenta Arabica, that it has a slightly laxative

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effect, and that the vomiting, frequently so troublesome an affection in the feeding of young infants, often disappears as if by magic, under its use. Further, that it is highly nitrogenous, and contains both phosphoric acid and chloride of potassium—matters of vast importance for the due nutrition of a young child—and all of which are more or less deficient in arrowroot, patent barley, and white bread.

Nestlé's Milk Food I have found valuable in many instances. I have known ladies earnestly recommend it to others from the benefit their own children have derived from its use. Nevertheless, it will not suit all cases.

Savory & Moore's Malt Food I have known to be useful in some cases. It is a sensible modification of Liebig's food for infants, and avoids the repeated efforts at cookery which that food, as originally recommended by Liebig, required.

Regarding the employment of condensed milk, Dr. Pavy, in a note on page 191 of his "Treatise on Food," refers to some remarks of correspondents of the *Lancet* of November, 1872, in which it is admitted that infants "readily take it, grow plump and appear to thrive," but that this is, in reality, a delusive appearance; that such children

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really lack vigor, and fall an easy prey to diarrhœa and other affections. Dr. Pavy adds that the evidence adduced at present can be only looked upon as suggestive, but that the matter is important and waits further investigation, etc. My own experience is decidedly favorable to condensed milk. The "Anglo-Swiss" and the "Aylesbury" are the kinds to the value of which I can bear testimony. In the course of a long sea voyage, when a number of babies happened to be on board, and no cow, the value of the condensed milk became sufficiently apparent. Two very delicate infants simply lived upon it, the mothers having nothing for them. At the time the mothers' milk failed, these children looked half starved, but they were hearty enough after nearly three months of Swiss milk diet. Further, I have known in New Zealand many mothers obtain Swiss milk in preference to all other foods, and that when fresh milk was abundant enough.

Artificial food of whatever kind should not, as a rule, be required oftener than twice in the twenty-four hours, from the fourth to the seventh or eighth month, while suckling. Toward the ninth and tenth months, when weaning should be commenced (to be certainly completed within the

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twelvemonth, if not sooner), more frequent meals of artificial food may be allowed.

It is certain that some children will digest and thrive upon varieties of food which are simply deleterious to others; the powers of digestion are remarkably stronger, and the explanation of this is, in my opinion, to be found in the varieties of diathesis, *i. e.*, hereditary and acquired constitution, or, if preferred, constitutional predisposition, which even thus early assert their presence and demand and require diligent attention. It is the children of the rickety and of the rheumatic diatheses that suffer most severely from dyspepsia and "weak stomachs." Tubercular children are far hardier in this respect, while the strumous occupy a median position. Therefore, by attention to the special diathesis of a given case, more valuable hints will be afforded in the pining and wasting which so often result, not merely from improper food being given, but also from the want of power to assimilate a *quantity* of food otherwise suitable enough in character. It is the children of gouty and rheumatic patients that suffer so often from acidity, whose milk is constantly returned in lumps of curd, or in whose motions such lumps are easily discoverable, and who require

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most especially that their food should be alkalinized by lime water, or some other suitable means, *e. g.*, a grain of carbonate of potash to about an ounce of food. The use of the farinacea must be always guarded under the age of three months. The deficiency of saliva before that time renders the proper digestion of starchy foods difficult, and if given in any quantity they are sure to disagree.

Dr. Gumprecht recommends carrot pap for young children. One ounce of finely scraped full-grown carrot should be mixed with two cupfuls of cold water and allowed to stand for twelve hours. The residue is to be pressed and the liquor strained off. The liquor thus obtained is to be mixed with powdered biscuit farina, to make a pap, and then placed over a slow fire—not allowed to boil, lest the albumen be coagulated. It may be sweetened with loaf sugar. This food is not suitable if there is any tendency to diarrhœa. Dr. Meigs, of Philadelphia, recommends a food thus prepared: a scruple of gelatine is soaked for a short time in cold water, and then boiled ten or fifteen minutes in half a pint of water till it is dissolved. To this is added, with constant stirring, and just at the termination of the boiling, the milk and arrowroot

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(the latter being previously mixed into a paste with a little cold water). After the addition of the milk and arrowroot, and just before the removal from the fire, the cream is poured in and a little loaf sugar added. The proportion of milk, cream and arrowroot must depend on the age and digestive powers of the child. For a healthy infant within one month three to four ounces of milk, half an ounce to an ounce of cream, a teaspoonful of arrowroot, and half a pint of water. The quantity of both milk and cream should be increased as the child grows older.

Constant sickness is a common trouble of mothers during the first year; the cause is almost always injudicious feeding; very often the farinacea are to blame. When the child is emaciated, and the fontanelle depressed, there is nothing like keeping it to a healthy breast of milk, or failing that, to ass's milk, goat's milk, or cow's milk and lime water. The infant must be at the same time kept warm, especially the feet and stomach. The skin should be subjected from time to time to gentle friction, and the bowels kept open. A mixture of bismuth and soda, or some other prescription, which a medical man should be asked to prescribe, may now be useful.

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If the mother cannot suckle, a *wet nurse* is the best substitute. If possible, she should be a healthy, married, young woman, without blotches or scars, especially on the neck, with regular teeth and clear complexion, whose child is about the age of the child she is to suckle, and whose child is itself healthy and free from sores, and redness about the anus. Her milk, of which a little should be examined in a glass, should be thin, bluish white, sweet, throwing up a clear cream on standing. The breasts should be of moderate size, equal, and firm (glandular, not adipose tissue being required); the nipple should also be of moderate size, well made, and prominent, that the child may easily seize it. A wet nurse must not be too highly fed; she should live regularly, simply, and quietly, and take daily exercise.

Among the wealthier classes there is no more common error than over-pampering a wet nurse; forgetting the hardships from which she has come, and among which she has thriven and kept her health, she is not allowed to do anything, eats constantly of the richest food, and then surprise is expressed that her milk does not appear to

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agree with the child, and that the nurse looks poorly, and the like.

Woman's milk should have a specific gravity of 1032.67; its analysis, according to MM. Vernois and Becquerel, is:—

Water		889.08
Sugar	43.64	
Casein and extractive matters	39.24	
Butter	26.66	
Salts	1.38	
Solid constituents	——	110.92
		1000.00

The amount of milk secreted per diem should be from thirty to forty fluid ounces. The milk of brunettes is richer in solid constituents than that of blondes, though the latter often secrete larger quantities.

COMPOSITION OF MILKS (VERNOIS AND BECQUEREL).

	Specific gravity.	1000 p'rts contain		Solid components consist of			
		Fluid.	Solid.	Sugar	Butter	Cas'in and extractives.	Salts.
Woman	1032.67	889.08	110.92	43.64	26.66	39.24	1.38
Cow	1033.38	864.06	135.94	38.03	36.12	55.15	6.64
Ass	1034.57	890.12	109.88	50.46	18.53	35.65	5.24
Goat	1033.53	844.90	155.10	36.91	56.87	55.14	6.18
Ewe	1040.98	832.32	167.68	39.43	54.31	69.78	7.16

Weaning should be effected at from nine to twelve months, and it should be effected gradually; that is, artificial food should replace the breast milk more and more frequently, until the

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breast is only given at night, and at last not given at all. Any of the foods recommended on pages 35 and 36, are suitable; that which agrees best should be selected and kept to. It is not good to accomplish weaning when the child is ailing; a favorable opportunity must be sought, but it should always be accomplished by the end of the twelve-month.

Light is of immense importance in the due development of infancy and childhood. In a remarkable paper read before the French Academy of Science, Dr. Dubrunfant points out the importance of different colored lights in animal and vegetable growths. The researches of Gratiolet, Cailletet, and others have demonstrated that the red rays of the spectrum are those to which the physiological functions exercised by the sun on plants are to be attributed. Green light, which the vegetable kingdom refuses, the animal requires. Red, the complement of green, is that which, owing to the blood, tinges the skin of the healthy human subject, just as the green of leaves is the complement of red they absorb. Hence, says Dr. Dubrunfant, red should be proscribed for our furniture, except curtains. He quotes the cases of four children who had become

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chlorotic by living in the streets of Paris, who regained their health without other means than exposure to the influence of the solar rays on a sandy sea-coast. Whether we fully endorse all Dr. Dubrunfant's conclusions, or not, they may, at least, serve to remind us of the great importance of light as a preventive of, and remedial agent in, disease.

Dentition commences usually at the seventh month, but it may be deferred, especially in rickets, till the eighteenth month or second year. When a child is born with teeth they usually fall out. The temporary teeth (twenty in number) are generally cut in pairs. The following table indicates in *months* the usual times of their appearance:—

Molars.	Canine.	Incisors.	Canine.	Molars.
24—12	18	9 7 7 9	18	12—24

The lower jaw usually is a little in advance of the upper. The permanent teeth (thirty-two in number) appear as under, in *years*:—

Molars.	Bicuspids.	Canine.	Incisors.
25 13 6	10 9	11	8 7 7 8

Canine.	Bicuspids.	Molars.
11	9 10	6 13 25

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At 2 years	the child has altogether	.....	16	teeth.
At 2½ "	"	"	20	"
At 6* "	"	"	48	"

During dentition the child's health requires unusual care; the bowels must be regulated, the diet strictly attended to, the gums lanced when they are hot and swollen, but not otherwise. The diarrhœa of teething is natural, and if in moderation should not be interfered with. A little castor oil is the remedy when this diarrhœa becomes griping, offensive or troublesome. Astringents do harm, nine times out of ten, in such cases.

The period of dentition is most frequently a trying one, even with children otherwise healthy; it is peculiarly so in a child the subject of any of the diathetic diseases. This is the time when ulcerated mouths, disorderd bowels, green stools, convulsions, and congestion of the brain are especially common. Paralysis, too, occurring suddenly, without warning, the child going to bed well, and after a "restless night," the mother is alarmed to find in the morning one arm helpless, perhaps an arm and a leg; more rarely one arm and both legs, or both arms without the legs being at all affected. Generally this paralysis is

* At six, 20 deciduous and 28 permanent make 48.

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temporary, lasting a few weeks only; occasionally it lasts for months; sometimes it is incurable. Dr. Fliess considers that the molar teeth are the usual promoters of dental paralysis, more rarely the incisors. It is generally recommended to lance the molars when about to protrude, with a crucial incision. This may be very advantageously done in many cases; in strumous and rickety children it is of more doubtful efficacy, and may be followed by ulcerative stomatitis, and occasionally by a protracted oozing of blood from the cut surfaces very troublesome to control. Some pain and difficulty in passing water is also a common concomitant of dentition, permitting a free use of demulcent bland drinks, such as barley water; and the use of citrate of potash, with a drop or two of Battley's solution of opium where there is much pain, form appropriate treatment. In convulsions during teething, hydrate of chloral in four-grain doses, for a child eight years old, is useful. The taste of hydrate of chloral is best disguised for children by a little tincture or orange peel and peppermint water, well sweetened. A medical man should be asked to prescribe, whenever practicable to obtain advice in such cases.

At the end of the first year it is time enough to

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commence more solid and general diet, then bread and gravy, mashed potato and gravy, and by-and-by, as the child gets teeth, small pieces of meat cut fine, and mixed with potato and gravy, light puddings, and general diet, which will be found indicated in the diet table on pp. 48, 49.

Perhaps no better opportunity may occur for discussing a class of cases exceedingly common, and exceedingly distressing from the comparative failure of means, whether dietetic or medicinal, to do good. We in Christ Church, New Zealand, have just passed through a summer of unusual heat and dryness. Scarcely any rain has fallen for months, and the heat on many days has been extreme. The result has been, as might be anticipated, an unusual mortality among little children. Precisely similar cases occur in hot summers in England, and the sketch I am about to give will be readily recognized. A fine, healthy child, weighing, perhaps, nine to eleven pounds: the mother without milk, unable or unwilling to suckle. The bottle is tried—milk and water, and lime water and sugar of milk—a good nurse, all care in ventilation of rooms, fresh air, everything orthodox, and yet in a fortnight or a month it is suddenly found out, or it is suspected

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DIET TABLE.

MEAL.	LOW.	ORDINARY.	*Extra, comprising ordinary and some of the following in certain cases.*
Breakfast, 8-9 o'clock.	Bread scalded with milk and water in equal proportions. Gruel. Arrowroot. Rice milk. Milk and lime water (¼-¼). Pearl Barley boiled in milk.	Half a pint of hot new milk poured on a slice of bread, and some bread and butter to eat with it. A little *loaf* sugar may be added to the bread and milk. Bread and butter, weak *black* tea, or better, cocoa or chocolate with plenty of milk. Chocolate is very nutritious and wholesome, and children soon like it.	Yolk of new-laid egg beaten up in tea with a teaspoonful or two of cream. Lightly boiled new-laid egg. Iceland moss cocoa.
Dinner, 12-1 o'clock.	Bread and gruel. Light puddings, as sago, tapioca, semolina, bread, rice, tous les mois, corn flour, etc. Fish, as boiled sole, whiting. Boiled chicken, Weak veal tea. Weak chicken broth.	Bread, mashed potato, and gravy. Beef tea, veal tea, chicken broth, and mutton broth. Light puddings, rice, custard, vermicelli, sago, tapioca, corn flour, etc. *Fish.*—Turbot, soles, whiting, smelts, flounders, fresh cod, mullet, in all cases boiled rather than fried. *Meat.*—Roast mutton, boiled mutton, mutton chop, lamb, roast beef, chicken, pigeon, rabbit, turkey. *Vegetables.*—Mashed potatoes, cauliflower, brocoli, spinach, turnips, parsnips, carrots, French beans, asparagus, sea kale, vegetable marrow, lettuce. *Fruit.*—Most wholesome when baked or stewed; perfectly *ripe* fruit is also wholesome in moderation.	Clear soups made from the lean of beef, veal, or mutton, and thickened with sago, vermicelli, maccaroni, rice, pearl barley, or wholesome vegetables, and not highly seasoned. Jellies—calf's foot, Iceland and Irish moss. Liebig's extract of meat. Turtle soup; clear turtle is very digestible and highly nutritious. Raw meat, made by shredding mutton or beef quite free from fat, and pounding till it becomes a pulp; it should then be carefully strained, and about a teaspoonful given at a time. This is very valuable in protracted diarrhœa and in exhausting diseases; the quantity given may be increased if the stomach retains it well. It causes offensive evacuations.

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		Beverage.—Water, toast and water, sometimes milk and water.	Oysters, lamb's sweetbread, whitebait. Larks, pheasant, snipe. Stimulants, ordinary, sound hock or claret, bitter ale, stout; extraordinary, port wine, brandy, champagne.
Tea, 4 o'clock.	As breakfast.	As breakfast. If weak tea be taken in the morning, cocoa may be taken now, or *vice versa*.	Gelatine, isinglass, or suet tied in a muslin bag and boiled in milk, to be subsequently sweetened with white sugar. As breakfast.
Supper, 6 o'clock.	Thin gruel. Milk and water. Arrowroot.	Gruel, rice pudding, corn flour, arrowroot, as puddings or blanc mange, with a piece of bread and cup of milk.	Light puddings. Beaf tea. A little jelly or blanc mange, with bread and cup of milk.

Children's meals should be regular in time, and a child should be put to bed soon after its supper, the meal before bedtime is never to be a heavy meal.

To be Avoided.—All rich and highly seasoned soups. *Meats.*—Pork, veal, bacon, salt beef, duck, goose, sausages, liver, kidney, heart, tripe. *Fish.*—Crab, lobster, in fact, all shell-fish except oysters, and those only as occasional aliments in extra diet. Salmon, salt cod, eels, sprats, herrings, mackerel, etc. *Vegetables.*—Cucumbers, radishes, celery, onions, parsley, and flavoring herbs. Pickles, pastry, sweets, sauces, spices, nuts, cheese, sweet cakes, suet pudding.

The use of the farinacea is a matter requiring a little care. In some cases they are positively injurious—as, for instance, in some diseases of the stomach and intestines; in others, as in some of the diathetic diseases, they are beneficial when the child is able to digest them. When, therefore, the bowels are loose and slimy, or there is some vomiting and other signs of dyspepsia, the quantity of farinaceous food should be diminished until, as tone is restored to the stomach by appropriate remedies, it is enabled to digest them, when they will be found useful and nutritious.

In a general way, the simpler a child's diet is, whether it be well or ill, the better, but cases of dangerous and protracted illness, especially among the children of the rich, will often tax the ingenuity of the physician to permit variety without unwholesomeness, or to coax a pampered appetite without indiscretion. (*See* DIETARY.)

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for a few days, that the little one *is not thriving*. That is the very earliest prodrome of the more marked symptoms which presently appear, and that is the golden time for successful treatment. Unfortunately, the common conclusion is that it is nothing—"will pass off." True, the child is often cross—peevish, all of a sudden, without any cause—but he is soon pleased again, and it must be nothing.

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But in addition to not thriving and fits of irritability, the mother next notices that the flesh *is not so firm* as it was; the child is sick a time or two in the day; the bowels are a little loose, perhaps clayey, perhaps offensive; the sleep is not tranquil, but more or less disturbed, and the eyelids are a little open. These symptoms deepen in severity for a few days, and this is the silvern time for treatment; hope is not yet lost.

By imperceptible shades, or sometimes suddenly, the child is seen to be very ill. There is constant sickness; bad diarrhœa running through many varieties, now bilious, brown, lumpy, and now green and offensive; now watery and acrid, rapidly causing intertrigo (a sort of red gum) over the buttocks and round the anus; the child rejects food, will take nothing, cries at the spoon or bot-

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tle—the cry is sometimes a wail, sometimes a moan. Emaciation rapidly sets in. The eye is bright, the cheeks are sunken, the fontanelle (the little diamond-shaped open space on the top of the head which beats, and which all mothers notice and wonder at) falls in, the mouth is drawn down and sore, and often cracked at the angles; aphthæ form on the roof of the mouth and tongue. The diarrhœa increases; then the appetite, or rather the thirst, becomes extreme; the child, from refusing everything, will swallow anything—the moment's coolness to the mouth is the cause—but the curds and undigested matter in the motions will correct our error, if we are fondly thinking this a good sign. Then comes the cry of the brain, the sudden shrill little cry, dying soon away, and utterly different from the moan and wail, and alas! more different still from the hearty, wholesome cry of a healthy baby. This is the leaden stage for treatment, and the end is usually not far away. And yet, provided that effusion has not occurred, or the mucous membrane of the alimentary canal has not been irrevocably damaged, so that assimilation cannot take place, even yet, at this eleventh hour, what may not be hoped for if the child can be put to a good healthy

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breast of milk? Wonderful is it to see symptom after symptom disappear, the imminent danger changing in a few weeks to perfect and robust health.

Treatment.—It is evident from what has been said, that if the breast is so valuable, even in the eleventh hour of this condition of things (which constitutes a disease without a name, unless we call it mal-assimilation), in the earlier stages the good effects must be still more certain.

If a wet nurse cannot be got, and ass's and goat's milk are also unprocurable or do not succeed, what is to be done? I have supposed the child feeding on cow's milk and water, and lime water and sugar of milk. Remembering that the cow's milk is often acid in reaction, and the evacuations in these cases are extremely acid, the lime water may be increased—it is useful alike against the acidity and the diarrhœa; or the cow's milk may be changed to condensed milk, similarly given; or, if the milk is rejected, curdled (and there are curds in the motions), milk in any form must be given up. I have found chicken broth, barley water, and Russian isinglass, with, say two teaspoonfuls of old brandy, distributed in five-drop doses over the twenty-four hours, a useful

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rest to the stomach for a few days. But even if these are assimilated the child will continue to waste, or at least will not thrive. An effort must be made to get back to milk. Here white wine whey often comes in well. A tablespoonful of excellent sherry should be added to four or five tablespoonfuls of boiling milk. Boil up for a moment or two after adding the sherry, let the curd subside, and pour gently off, or strain off; add a little sugar of milk, and the whey is ready. A wineglassful of it may be given in the twenty-four hours, and it is often both well relished and agrees well. The brandy, of which children soon sicken, may be replaced in this way.

Of medicines I would recommend but few—chalk mixtures, and astringents generally, are hurtful rather than valuable. If the diarrhœa is very bad, a starch and opium enema may be resorted to.* A warm, bread poultice, just sprinkled over the surface with mustard, may be applied to the belly when pain is present. It is very soothing in effect. By the mouth I employ pancreatic emulsion in doses of from two grains upwards, and I often sweeten it with syrup of the hypo-

* Half an ounce of thin starch, to which two or three drops of laudanum have been added, is suitable for a child six months old.

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phosphite of lime. This is a prescription rather of nutriment than of medicine. When restlessness and irritability are prominent features, and are clearly wearing the child, bromide of potassium, with or without a little chloral, has a good effect.* Small doses of Dover's powder for dysenteric diarrhœa complete what I think it needful to say about drugs.

With regard to other possible forms of diet in these cases, white of egg warmed, but not set, diluted with a little water and a little sugar of milk added, is useful in many instances. Yolk of eggs may be similarly treated and used. Raw beef juice, and finally, raw meat, are frequently of service. Directions for making raw meat juice will be found in the dietary. Dr. Routh states that he has squirted raw meat juice, a teaspoonful at a time, into the mouths of children too weak to suck, with the best results. In young infants the same writer records cutting long slips of raw beef and letting them be sucked till they are white. These are means which may be adopted in many desperate cases, life being thus supported until the power of assimilation is in some measure restored, and more normal diet can be safely returned to.

*See Prescriptions.

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THE NURSERY.

The nursery should be a nice, lofty, well-ventilated room. In a large town it should be upstairs. Plenty of light and plenty of air are essentials of the day nursery. A fireplace with a high guard is indispensable. A thermometer should hang in the room. The atmosphere should not be too warm, or the children will more readily catch cold when they leave it. From 60° to 65° is fully warm enough—the lower temperature by preference. The walls should be cheerfully papered, and the paper may be varnished over to make a surface easily cleansed. Best of all is paint, as no infection particles can cling to it. Flock papers should be decidedly avoided. Dry rubbing is far preferable to frequent wetting of the nursery floor. There should be no carpets, fittings, or hangings that cannot readily be taken up or down, shaken, and cleansed. Kamptulicon is a good covering for the floor, and stands well the tramp of little feet. Nice pictures and good maps are suitable for nursery walls. What the child is always looking upon should be good. In these

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days of cheap, good art, there should be no difficulty about decorating prettily the homestead—for what else is the nursery?—of the child. Maps are useful. It is wonderful how much geography is imbibed, without effort or forcing, merely by having good maps on the walls. Thorough cleanliness—immediate removal of excreta, stained sheets, etc.,—must be practiced in both day and night nurseries. The night nursery should allow of a space of eight feet square for each bed. Lamps are an abomination, and really dangerous in nurseries; especially kerosene, paraffin, or other highly inflammable oils. Candles or gas (the burner of which should secure thorough combustion) are best. If there be a ventilator in the ceiling, as is now so usual, gas is quite harmless, and its convenience is unspeakable. Lastly, the water supplied to the nursery must be pure—filter it through charcoal if there be the slightest doubt on the point—and it is almost needless to add that the drainage of the house should be in perfect order, closets properly working, sinks trapped, and the cause of all bad smells instantly investigated, if health is to be maintained in the nursery.

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CLOTHING AND BATHING.

Bathing.—For the infant, the bath should be warm, about 97° Fahr. This will gradually be dropped, as the child gets a year old, to 85° or 80° Fahr. Two baths a day, the morning tepid, the evening warmer, should be given to young children. White curd and glycerine soap are most generally useful in the nursery. I have found Pears' Elder Flower Soap nice for children, and I most strongly recommend Pear's Fuller's Earth as far superior to the common kinds, being better levigated, without lumps, and altogether a very nice application for excoriations about the groin and anus. As a child gets older, the morning bath should be cold, or nearly so, except in winter, when a dash of warm may be added. A good rub afterward makes the skin glow, and is most healthy. Some children cannot stand cold baths, becoming blue and shivery after them. A little bay salt, or Tidman's Sea Salt in the water—better still, a bath of the real "brine"—is useful for delicate children. By commencing with these warm, they may often be got cold as the

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child's health improves. Thorough cleanliness will keep away many an affection of the skin, besides promoting the general health and well-being of a child.

Clothing for infants should be essentially light and warm. The feet especially require to be kept warm. Fine India gauze flannel may be worn next the skin, instead of the usual shirts, if the child's chest be delicate. Flannels should be changed as frequently as linen, or the child will not be healthy. The clothes of an infant, and also of a child, should be loose, giving room for free play of the vital organs. Long clothes are customary, but ridiculous; they keep the feet warm, which is about their only merit. A baby should be short-clothed in winter by the time it is three months old; in summer in two months.

Regarding older children, allowance must be made for difference of climate and different seasons of the year. Flannel night-dresses are safe, looking to the constant habit of children of kicking off everything, and lying in their night-dresses exposed to any variations in temperature of the night. For the rest, let the clothing be clean, loose, light, and *warm* in winter, and clean, loose, light, and cool in summer, and reasonable

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allowance for fashion may be indulged in. High dresses, up to the necks for delicate children, flannel next the skin, thick boots and shoes—lacing boots by preference, especially if the ankles are weak; the shoes and stockings always to be changed if damp; a large sun-shading hat for sun and summer. Broad elastic suspended from the bands, to button over on the stockings, are better than garters. Stays are an abomination for young girls.

During the earlier years of life, the mistake is usually to dress a child not warmly enough. Plenty of warmth will prevent risk of cold, and insure plenty of life. At the same time, coddling is dangerous and foolish. The clothing is to be light and warm, protecting especially the lungs, the abdomen and the feet.

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EXERCISE AND SLEEP.

1. *Exercise.*—A child can rarely sit up, that is, support the back in an upright position, before the fourth or fifth month. Till then the back requires careful support by the nurse during walking or nursing. With this proviso, a baby should be sent out every fine day, except in peculiarly bleak easterly winds, or when the weather is very damp and cold, though not actually raining. Fresh air and passive exercise of this kind are most important to the health and well-being of young children, but the babe should also be allowed to lie on a rug on the floor, or on a bed, and kick. Let it have all loose, its napkins removed, and let it kick and laugh for half an hour at a time. The movement, the free play of the muscles, the thorough enjoyment, are all evidence of the good the child obtains. This exercise is far better than tossing a child to the ceiling, or handling it roughly in any way. A go-cart and baby-jumper have their uses in many cases where children are slow to "feel their feet," or where it is desirable to have exercise without weight upon the ankles.

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When the child crawls about it will soon walk, and may be left to its own time, helping itself by chairs and other pieces of furniture, till at last the proud day comes when it can run alone.

For older children, besides the daily walk, plenty of romping and running are essential to thorough vigor of constitution; games in the open air, by all means—riding, cricket, swimming, lawn tennis, the hoop, the battledore and shuttlecock, etc., etc.; and when open-air exercise cannot be taken, a large hall or room must be resorted to, and play resumed there. Even in the terribly severe and fickle climate of the north of England, it is striking to observe how healthy are many of the little "gamins," whose parentage is presumably indifferent, from a physical point of view (I am thinking of the great manufacturing towns), whose means of existence are precarious, whose vitality has no dainty food and warm fires to support it, but on whom Dame Nature lavishly bestows physical well-being. Look at the peasant girl of the Killarney mountains, of many a Welsh district, of the Highlands of Scotland; where, in modern drawing rooms, can you find figures so lithe and elastic, activity so graceful, health so pure and clear and good? Let young children

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have an abundance of fresh air and exercise. Keep back lessons of any kind till four or five years old, and lessons of any regular "lessony" kind for two or three years after that, and you will have a good foundation whereon to build the fabric of a well-taught, healthy, happy, human soul. I think the grand mistake of this present time, regarding children, is over-forcing them. They used to say that

"Every mother thought her booby best,"

but, positively, every child that is born now-a-days is expected to prove a prodigy. His powers are over-taxed, his brain artificially heated, like an exotic; he must fight his way; he must push on first; it is the great struggle for existence, commencing at the very cradle, and ends, indeed, in the non-survival of the fittest, but with the non-survival of many who might, had their parents permitted them, have enjoyed happy, useful lives, if not in the very forefront of all the knowledge of the times, at least in the quieter retreats of domestic happiness and in a small sphere well filled.

2. *Sleep.*—The younger the child the more sleep it requires. A young baby feeds and sleeps,

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and feeds and sleeps again. Up to the age of three or four years a child should have a morning siesta—say from about 10.30 A.M. till 12 or 12.30. Children under five should be in bed by six o'clock; after that, as years increase, till seven or eight o'clock may be permitted. Plenty of sleep for a young life. Let the rising be early, and let there be a run or walk before breakfast; but for children

"Early to bed and early to rise"

admits of no exception.

If a child does not sleep well, let the first care be to see that it is warm enough; a child will never sleep when too cold. Sometimes, with very young children, a warm bath at bedtime insures sleep, or a little dill water, dispelling flatulence, will secure it.

Want of sleep means something wrong in the general health, and opiates, "cordials," "mothers' friends," "mothers' comforts" are to be rejected as poisons. NEVER—no, not even "hardly ever"*—give a child quack medicines. See the composition of some at the end of the book. A respectable medical man is the cheap-

* May this reference to "Pinafore" be permitted, seeing we are in the Nursery?

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est as well as the best remedy you can employ; and if people in general had but the sense to understand that, there would be an end of "carminatives" and "cordials," and similar dangerous quack dosings. Those who never had any of such abominations in their nurseries are the best and healthiest "children of larger growth." "Mothers' comforts" mean mothers' idleness and nurses' laziness, and the stinginess which will sooner drug a sick child with opium, under any plausible name, than pay five or ten shillings for good advice as to what is really amiss. I am not afraid to say that many parents who would not like the name of infanticides deserve the name, for quackery of all kinds is readily practiced on children that adults would never tolerate for others or submit to in themselves. If a child has plenty of exercise, wholesome food, and is sent, with a kiss, happy to bed, it will usually sleep sound enough, and if not, a medical man should be consulted.

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SIGNS OF DISEASE.

The importance of this chapter must be my excuse, if I am tempted now and again to say the same thing twice. I am anxious that every mother shall have a clear idea as to whether her child is really ill or not, and if she has a moment's doubt, let her be on the safe side and send for her medical man, for in children's diseases it is most especially true, "delays are dangerous."

Let a mother remember that the doctor has but the dumb little sufferer, unable to tell him anything that it is experiencing, or has felt or gone through, and the result of her own intelligent, careful, *unexaggerated* observance to guide him in his difficult task. *Exactness* is of incalculable value here. A nurse will say, "Oh, sir, he has been in fits all day," or, "he has kept nothing down"—"he won't eat anything," when the real truth may be that the child has had one attack of convulsions, and has since suffered from little tremors and twitchings; that, instead of keeping nothing down and eating nothing, he

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has kept down a most surprising amount of solid and fluid, but has happened to throw up just what the nurse wished him to keep down, or thought best for him, and the rest becomes nothing in her eyes. Be careful the doctor has the truth, the whole truth, and nothing but the truth to guide him. Be careful to keep all excretions, as motions, vomited matter, and the like, for the doctor to see.

The following groups of symptoms require the prompt attendance of a medical man:—

1. A little poorliness, deepening, perhaps, towards evening, to feverishness, with shivering.

2. Poorliness, feverishness, and hoarseness.

3. Poorliness, drowsiness, stupor.

4. Poorliness, feverishness, vomiting.

5. Headache, pains, disinclination to be touched, vomiting.

6. Diarrhœa and vomiting in young infants.

Now, there are certain signs and indications of disease which it is of much importance that a mother should recognize. I shall endeavor to make these as simple and plain as possible.

The Expression of Countenance.—This is very characteristic and remarkable in sick children. Mere redness and flushing indicates a febrile

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state; a deeper redness with alternative pallor and knitted brow means brain trouble of some kind. If squinting be superadded, or the pupils of the eyes are unequal in size, and especially if insensible to light (not shrinking before a lighted candle, *e.g.*), convulsions may be looked for at any moment, and whether convulsions occur or not, brain mischief is imminent, or has actually commenced. A mother should note if her child's head becomes larger in proportion to the face, with protuberant forehead and sunken eyes. Here, water on the brain is to be feared.

There is the over-bright eye, with too clear a complexion, long, fine hair, distinct veins, oval face, and early intelligence, which characterize tuberculosis, or disposition to consumption.

There is the thick and muddy-looking skin, thick upper lip, wide nostrils, thickened at the sides or "wings," the ready enlargement of glands of the neck behind the ear, or anywhere, and the backward temperament of scrofula.

There is the profuse perspiration of the head, the kicking off of the clothes at night, the general tenderness of the whole body, the child disliking to be touched, the old, careworn look, bending bones with large ends, backwardness

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in cutting teeth and walking, which indicate rickets.

There is the "snuffling," flabby muscle, brown, cracked, rough, unwholesome-looking skin, with "spots" and "lumps" about the fundament, the hair often falling off from eyelashes or eyebrows, the corners of the mouth and nose ulcerated, sundry breakings out of a coppery color, etc., which indicate a yet severer constitutional complaint, which, like the others mentioned, requires the early and careful attention of a skillful medical man.

To see these things, to be able to recognize their import, would enable many a mother to save the life of her child, instead of thinking "it is nothing," or "it will pass," until, instead of the disease, the child passes away.

An extremely contracted pupil, with a brilliant look of the eye, indicates an overdose of opium, no uncommon condition for a child whose mother administers "soothing syrups," "cordials," and the like.

On the other hand, tears, full, swollen eyes, and redness, may mean a bad influenza cold, or be an indication of coming measles; similar symptoms, with much nervous excitability, vomit-

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ing, and a little cough, are the forerunners of hooping-cough.

A dark, "brick-red" flush, with swollen features, rapid breathing and working of the nostrils, indicate inflammation of the lungs. Lividity of the lips and general duskiness of the face are present in diseases causing urgent difficulty of breathing.

In diseases of the abdomen, on the other hand, there is a well-marked fretful look, with pinched nose, sunken eyes, and dark rings round the mouth and under the eyes.

To Summarize.—The *upper* portion of the face is affected chiefly in diseases of the brain, causing knitted brow, contracted forehead, rolling, fixed, or purposeless eyes.

The *middle* portions of the face are changed in heart and lung affections: the nostrils are sharp or distended, or working, and there is a bluish circle round the mouth, and dark rings under the eyes.

The *lower* portion of the face suffers most in abdominal troubles; the cheeks are pale, sunken, puckered, the mouth drawn, the lips livid or pale. This condition Sir W. Jenner has described as a Voltaire-like look.

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Gestures and Comportment.—Listlessness is an early sign in the demeanor of a sick child. Indisposition to move, downright languor. "He cannot hold his head up," is a significant phrase.

During acute pain a child keeps wonderfully still, dreading to move, as the case may be, either the entire body, or the affected limb which causes the pain.

An infant with abdominal pain draws its little feet up to its stomach. A child with pain or irritation in the brain puts its hand to its head, pulls at its hair or any covering that may be on the head, beats the air uncertainly, rolls the back of the head to and fro on the pillow. In bad abdominal disease—tabes mesenterica, for example—the legs are drawn up, the face is anxious and sunken, and the child picks at the bed-clothes. In urgent difficulty of breathing, it tears at its throat, puts its hand in its mouth, especially when false membranes are forming, or the tongue is much furred and cracked.

Sleep of disturbed character, with grinding of the teeth, and by day picking of the nose, are characteristic signs of worms. Disturbed sleep, with so-called "sardonic smile," may mean only wind and flatulence, but if in addition the thumbs

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are turned in on the palm, and the toes are also rigid and a little inverted, an attack of convulsions is likely to be imminent.

The child sits upright, in urgent difficulty of breathing, squeezing its hands against its throat; it lies on one side, the legs strongly bent, and the arms drawn close to or over the chest in the later stages of tubercular meningitis, and some other brain affections.

The Cry.—It is labored, as if half suffocated, or better, as if a door were shut between the child and the hearer, in inflammation of the lungs and capillary bronchitis. It is hoarse in croup, brassy and metallic, with crowing inspirations. In brain disease, especially hydrocephalus, it is sharp, shrill, and solitary, not easily to be forgotten when once heard, whereas in marasmus and tubercular peritonitis it is moaning and wailing. Obstinate and long-continued crying, lasting for hours, is referable usually either to hunger or ear-ache. A moderate and rather peevish cry, attendant on suppressed cough, dry and low in character, is indicative of pneumonia.

A louder, shriller cry, also during coughing, or produced by movement, is pleuritic. A cry, ac-

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companied by wriggling and writhing, and preceding defecation, is intestinal.

Moaning is especially characteristic of disease of the alimentary canal.

Children shed no tears before the third or fourth month, and the saliva appears about the third month. In children from two to seven years shedding tears is a favorable sign; the absence of them is the reverse. Mrs. E. B. Browning, with the true instincts of a woman and a poetess, exquisitely expressed this:—

> "Tears, what are tears? The babe weeps in its cot,
> The mother singing."

The Pulse is not an indication by which a mother can learn much in infants; the different qualities of the pulse are scarcely recognizable. There may be great variations in the number of beats consistently with health—there may be even irregularity consistently with health. The pulse is some fifteen or twenty beats slower during sleep, and also more regular; but sudden awakening, or any agitation, will often send the pulse up thirty and forty beats in the minute.

Respiration.—The respiration in early infancy is irregular, like the pulse; the average of thirty-

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nine or forty breathings per minute may become seventy or eighty under any sudden excitement. During sleep, respiration is more tranquil and regular. In disease of the throat there is noisy breathing; in bronchial and pneumonic attacks there is hurried, gasping, even panting breathing; during acute pain, whether in the pleura or abdomen, the breathing is "caught," stopped short by the pain, jerky and restrained in character. Sighing breathing occurs sometimes in cerebral disease.

Temperature.—A doctor would be often glad if a mother would register the temperature of her child for him at certain hours of the day. It is easily done; a thermometer proper for the purpose (called a clinical thermometer) is put under the armpit and left there for four or five minutes; children soon allow it to be done when they find that it does not hurt. The index of the instrument marks the degrees. In health it should be about 99° Fahr.; any rise over 100° means feverishness. A rise to 103° or 104° indicates fever or inflammation; a further rise to 106° or 107° indicates a very serious and even dangerous state of things. Nothing can be simpler than thermometer observations, and being absolutely accurate, are most valuable to the physician. It is surpris-

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ing how the hand deceives; we think a child burning when the thermometer assures us the blood heat is not really very high; we think the heat of the skin ordinary when the index shows perhaps 105°. Looking to the uncertain indications of the pulse and respiration in children, the thermometer becomes the more valuable. The special indications afforded are not suitable for a work like this. I name the matter to aid the mother to take an intelligent interest in what her medical man is doing.

Shivering does not occur in very young children; in fact, in young children convulsions and delirium correspond in some measure to "rigors" and headache in the adult.

The Mouth, Breath, and Skin.—The mouth should be moist, cool, pale; the breath sweet; the skin firm, smooth, elastic to the touch, the surface mottled, the arms and legs moving freely.

Fever, dysenteric diarrhœa, and ulcerated mouth, cause heat and dryness of the mouth, cracked lips, and hot, sour breath.

Aphthæ, or thrush, is common in infants, from improper feeding, and gastric and intestinal irritation. In a low "typhoid" state, thrush is often significant of the end being at hand.

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Flabby skin and flesh mean that the child is not thriving; a hot, dry skin is present in all inflammatory and febrile attacks; a clammy skin indicates collapse and weakness. Spots on the skin are most characteristic of certain diseases, as the lake-colored, horseshoe shape blotches of measles; the flush, like a scald from boiling water, of scarlatina; the vesicle of smallpox, and the like. There is the mud-colored skin of chronic diarrhœa, a leaden hue, very remarkable when once seen; the yellow color of jaundice, the blue of cyanosis, and the purplish tinge of impending suffocation.

The Tongue.— The following are the chief indications derivable from observations of the tongue:—

1. A furred tongue, with whitish curd scattered over it, indicates dyspepsia and intestinal irritation,

2. A red, dry, hot tongue points to inflammation of the mouth, stomach, etc.

3. Aphthæ, or thrush, when not an affection of infancy, is often associated with extreme exhaustion, lowness, and typhoidal condition.

4. A pale, flabby tongue, marked at the edges with the teeth, shows great debility.

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5. White fur is generally indicative of fever.

6. Yellow fur indicates disorder of the liver and stomach, and other intestinal affections.

7. Brown fur is indicative of a low typhoidal state.

8. A red, glazed tongue and a "raw beef" tongue indicate disordered state of the mucous membrane of the stomach.

9. The so-called "strawberry tongue" is produced when the white fur begins to clear off after the third day or so of scarlatina, and leaves the tongue deep red, broad, smoother looking, and dotted over with elevated papillæ, not unlike a strawberry in appearance.

Vomiting and Evacuations.—The vomiting of young infants is often simply from repletion; they suck in more than the stomach can deal with. But constant vomiting is a very serious matter, and may mean disease of the brain, besides being referable to disordered stomach, dyspepsia, intestinal irritation, and other causes. When indicative of disease of the brain, it is generally a very early symptom, and comes on independently of any food being taken; it is, in fact, persistent and apparently causeless. This

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in a child of three or four years is a most serious sign, and requires prompt medical aid.

Vomiting is often an early precursor of one of the febrile affections of children, as measles or scarlatina; also of acute inflammations. Hooping-cough is generally accompanied with vomiting at the close of the paroxysms.

Evacuations.—The healthy motion of an infant varies in color from a light orange yellow to a greenish yellow—from yolk of egg color to that of a mess of mustard. The reaction is always acid. The smell should never be offensive, but resembling that of sour milk. The consistence may vary considerably within healthy limits. The first motions of an infant are black and viscid. The frequency of the infantile motions varies from two to four daily—and all through childhood the bowels are rather oftener relieved than in adult life. Constipation is rare; diarrhœa is common. Motions containing a slimy, mucus-like jelly indicate the presence of worms. Offensive, acid, pale green motions indicate disordered stomach. Dark green evacuations indicate stomach disease of more serious character (calomel will, however, cause green motions, likened by writers to chopped spinach). Fœtid, dark brown

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motions are present in chronic diarrhœa. Putty-like, pasty motions are due to acidity curdling the milk, and to sluggishness of the liver—the bile secreted being deficient in quantity.

The urine in infants is, of course, voided in the napkins; when these are pungent and the stain is dark, the urine is acrid and will easily inflame and irritate the surrounding parts in contact with it. Sponging with plenty of warm water, careful drying, and dusting with Pears' Fuller's Earth, or a little finely powdered arrow-root, will be necessary. The urine is often white and milky-looking when worms are present.

FINALLY, THERE ARE A FEW GENERAL POINTS WORTH CAREFULLY TESTING AND REMEMBERING, WHICH MAY BE CONVENIENTLY SUMMARIZED HERE:—

1. In early childhood there is no relation between the intensity of the symptoms and the material lesion. The most intense fever, with restlessness, cries, and spasmodic movements, may disappear in twenty-four hours without leaving any traces.

2. Abundant perspiration is not observed in very young children; it is entirely replaced by moisture.

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3. Fever always presents considerable remissions in the acute diseases of young children.

4. In the chronic diseases of infancy, fever is almost always intermittent.

5. When children are asleep, their pulse diminishes from fifteen to twenty pulsations. The muscular movements which accompany cough, crying, agitation, etc., raise the pulse fifteen, thirty, or even forty pulsations.

6. The diseases of youth always accelerate the process of growth.

A child grows most rapidly in the first weeks of life, *e.g.*, in the first year it should grow from 6 to 7 inches. From the 4th to the 16th year, about 2 inches yearly; from the 16th to the 17th year, 1½ inches; from the 17th to the 20th year, 1 inch. Disease of the bones, rickets and scrofula, retard growth.

A child should run alone at the end of a twelvemonth, and if when it has commenced to walk it uses chiefly its toes, and has a limping gait, more especially if pain be complained of in one knee, and tenderness be caused by handling the limb, incipient hip-joint disease may be inferred.

I need not say that such an indication requires prompt medical advice.

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SEEKING MEDICAL ADVICE.

I am no advocate whatever of a mother endeavoring to treat serious ailments in a sick child. The quantity of quackery which children have to submit to on the advice of friends and neighbors is appalling to contemplate. Every woman who has borne a child (and a great many who have not even done that) seems to think that she is perfectly capable of advising in any and all illnesses of children. But the fact is that children's diseases are particularly difficult to understand and treat wisely, as the most experienced doctors readily admit. One object of this book is to instruct a mother in the *indications of disease*, for the want of which knowledge she frequently fails to consult a doctor, or if she does so, consults him too late. *A few hours in the diseases of children* make all the difference between hopeful and hopeless. Doctors are constantly vexed at finding themselves called, perhaps, three or four days or a week after the child has been taken ill, the mother having given old wives' remedies, and thinking it would get better every day, when, in

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reality, the golden moments wherein it might have been made better have fled by forever. Such cases are cases of ignorance sometimes; but with proper knowledge, such as every mother should possess, they could only occur through culpable negligence. Let me put together a few short aphorisms about seeking medical advice.

1. It is better to call a medical man unnecessarily and keep your child, than to call him too late and lose it. It is better to be sure than sorry.

2. Having called your medical man, give him your implicit confidence, accurately obey his directions, and assist him in his endeavors.

3. On no account suffer friends to advise you in serious illness; their suggestions will only worry and unsettle your mind, making you think this or that might be done. When suggestions are offered, say quietly that your doctor has charge of the case and you would prefer to leave all to him. Refuse to see persons likely to worry with advice. Never be base enough to be giving friends' remedies behind your doctor's back, thinking they "can do no harm."

Supposing a passenger in a Cunard steamer weathering through an Atlantic storm should advise the captain, or should try to frustrate the

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captain's orders in some secret manner, by tampering with the helmsman, for instance—you see the absurdity of that; it is equally dangerous and absurd to suffer any outsider to interfere with the man you have made the captain to steer your child through its illness.

The doctor, more than any other professional man, perhaps, has reason to say, in Tennyson's words:—

"O trust me not at all, or all in all."

I wish that the importance of this advice might be felt wherever the English language is spoken, so that the sick chamber might be forever cleared of the harriers who make it their hunting ground, with every manner of suggestion of "fresh diet," "other medicines," "my medical man," "change of air," and "if I were you I would do this, that, and the other," sowing, broadcast, doubt, discord, and distrust, without one atom of corresponding benefit to any party concerned. This is nothing new. Back in Elizabethan times, Beaumont and Fletcher, in their play of the "Knight of the Burning Pestle," put in the mouth of a character called "The Wife" these words:—

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"Faith, the child hath a sweet breath, George, but I think it be troubled with the worms. Carduus Benedictus and mare's milk (mark the antiquity of Koumiss) *were the only thing in the world for it.*"

Be as particular as you please in choosing your doctor, but having chosen him let him have the unvexed, uncontrolled, unconditional care of the little sufferer, and let the meddlesome and often cruel suggestions of visitors and acquaintances find no echo in the sick chamber, even if for politeness' sake they must be tolerated in the drawing room.

4. Do not lightly and on frivolous pretexts change your medical man. There is a tendency, I fear, particularly in the colonies, to much inconstancy in this matter. I have known ladies have a fresh doctor at every confinement. This is a great pity and it is a great mistake. That feeling, so strong in the old country, between the family and the family doctor, can never spring up in such circumstances, and families lose the benefit of that almost intuitive knowledge which the old and trusted adviser has of the constitutions he is so familiar with. A medical man should be a trusted friend, for which reason—

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5. Never suffer your nurse to threaten a child with the doctor, making a kind of bogie-police-man of him. If ever your child has serious illness you will see the advantage of his regarding the doctor as his friend, and not as his enemy. It may make the difference between life and death to him, for the doctor's efforts will be thwarted if he cannot gain some help and confidence from the little sufferer. I have known children scream themselves almost to fits during the whole period of a visit, from sheer terror implanted by foolish nurses.

6. Sickness brings out amazingly the wisdom or folly with which the mother has trained her little ones. It is a positive pleasure to attend some children, and an equal pain to witness the results of pampering, spoiling, and every manner of bad training in others.

7. I recommend the mother, in every case of serious illness, to supervise the nurse herself, to see the instructions carried out, to be present herself during the doctor's visit, to have ready any little matter upon which she wishes information.

8. Illness among children requires unusual tact, firmness, kindness, and forbearance; with these, there are few difficulties that cannot be success-

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fully surmounted; without them the battle is well nigh hopeless from the first.

9. Lastly, let me advise a mother on no account to take her child "to the chemist," as is so often done, or to advertising, puffing, "cheap" practitioners. "Cheap and nasty" is a good proverb to remember, and let a mother be very sure of this, that a few shillings given for good advice is infinitely cheaper than what often turns out to be a great many more shillings given for very ignorant advice, and where medicine is crammed in to make something to charge for. If we did not see that these advertising, self-dubbed "cheap" practitioners contrive to impose on many, there would be no need to mention this matter. Such men are the disgrace and dishonor of a noble profession, and as the public becomes more enlightened their practices will be less profitable.

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ACCIDENTS AND INJURIES.

In the following chapter I intend to present what I have to say in a very concise, but, I trust, also clear form. I shall have very little to say regarding diagnosis or distinctions of disease; the spectacle of a mother with a book in hand, turning up special groups of symptoms, and trying to find out what is the matter, is one I have witnessed, but it is not edifying. I have endeavored fully to describe symptoms which indicate departure from health. Let a mother, finding these in her child, obtain medical advice. For those, I believe, comparatively rare cases, even in colonies, where medical advice is not quickly obtainable, the following chapters are added. Brevity and facility of reference are here clearly the main objects; the point is what to do at the moment, till help shall be obtained. At the end I have given a list of simple remedies that no comparatively lonely household should be without.

Bruises.—If practicable, *raise* the bruised part (that the blood may be less powerfully driven to it). *Keep it cool*, by ice, if you can get it, if not,

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by a spirit lotion. Tincture of arnica, half an ounce to half a pint, or brandy and water, or Goulard water, on rags, changed often. *Keep it at rest.*

A very bad bruise is best treated by applying cotton wool or lint soaked in salad oil till your doctor arrives.

Wounds.—Stop the bleeding by a stream of cold water (if ice be not handy), by a raised position, by pressure with a pad of dry rag clapped on the bleeding surface and bound tightly against it. If needed this pad may be soaked in solution of perchloride of iron or styptic colloid, and bound as before. If an artery is cut there will be a spouting jet of bright red blood. The mother's finger is here the remedy; let her boldly press it home against the jet, as she would against a tap, and, changing a finger now and then, hold on till the doctor comes. If this cannot be done, tie a strong bandage round the limb above the bleeding point, and tighten it up till the bleeding ceases.

When the bleeding is stopped wash the wound (if that be not already done) clean of sand, dirt, clots and *all* foreign matters. When bleeding is stopped a sponge and lukewarm water will do this best.

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When the wound is washed bring the edges together with strips of plaster. Isinglass plaster is the best; diachylon or soap plaster will do well. A pad of dry rag is useful over the plaster, above the cut, and a bit of bandage over all.

It is a very good plan to cover a common cut with collodion; two or three coatings are necessary; it excludes air and aids healing.

Also lint saturated with Friar's balsam is a useful dressing for many crushed and torn wounds.

In a very desperate case of bleeding, no help being near, heat the poker or any iron to a *dull red heat* and scar the parts. This will stop almost any hemorrhage, and is not so painful as might be imagined.

Burns and Scalds.—These are such common accidents as to need rather full treatment.

A burn is dangerous rather in proportion to the *extent* of surface injured than the depth. Extensive burns are very serious in children, especially burns on the trunk. After a burn there is always *great pain* and *great nervous depression* or collapse. If no pain is felt and the child lies in stupor the case is almost hopeless. Secondary inflammation may follow on a burn, attacking the lungs, brain

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or abdomen. Sometimes an ulcer perforates what is called the duodenum (a part of the bowel) as late as the second week after the burn. Danger is due, in the first few days, to collapse, during the sympathetic fever of reaction with inflammations inwardly, and during the suppurating stage from the quantity of matter formed and the debilitating effects. The ninth day is regarded as a fatal day for burns.

The clothes must be carefully cut and removed, the skin (cuticle) as carefully preserved. For slight cases, water dressing, lead lotion, dredging over with flower, or applying carron oil (equal parts of linseed oil and lime water) will do well. Excluding the air is the first principle.

For worse burns the blisters may be pricked, the contents let out and the skin pressed gently down to help form a covering. Then the badly burnt parts should be rapidly bathed with warm turpentine, and then flour should be dredged thickly and evenly over the whole. Friar's balsam will do instead of turpentine, if not at hand, and some surgeons prefer carron oil dressing to the flour. What is quickest obtained is best. If you have cotton wool spread some freely over all. At the same time some hot brandy and water

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should be given, hot bottles got ready and plenty of warm blankets to wrap the little sufferer in. All these matters want to be *rapidly* attended to. Exposure means danger. Rally the child first with warmth and brandy and water, and then dress the burn quickly, and give the child beef tea and a little more hot brandy and water. After the dressing is complete it must be left alone; interference would only admit air and do harm. Do not fail to procure a medical man as soon as possible. The subsequent dressings are quite beyond a mother's province, and the means taken to avoid contractions, those terrible disfigurements which follow burns, are equally so; also the treatment of the complications that may arise. If the doctor cannot arrive the same night the burn has occurred, and the child be in great pain, five drops of Battley's solution of opium may be given to a child three years old at bedtime, and repeated once, if needed, in the night; or I prefer ten grains of chloral hydrate at bedtime.

Scalds from water are usually less severe accidents than burns, but from chemical liquids may be as bad or worse.

Children sometimes swallow boiling water

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sucked from a kettle or teapot. All a mother can do is to place the child in a warm bed, apply a hot sponge to its throat, and by means of a paper twisted funnel-shaped round the spout of a kettle containing boiling water (not enough to cover where the spout is attached or no steam will go along the spout), let steam freely into the room near the child's bed; the kettle may be over a gas lamp or on the fire, as convenient; the paper funnel will disperse the steam towards the child so that it is inhaled. If spasm of the larynx comes on the child may die very quickly. Send at once, when such an accident happens, for your doctor. Do as above while he is coming. He will decide if it be necessary to perform an operation (opening the windpipe) to save the child's life, if possible. Many of these cases do well and no spasm supervenes; but mild ones to all appearance may suddenly develop dangerous symptoms; therefore act promptly.

Broken Limbs.—Do not handle the parts unnecessarily, or permit others to do so. A mattress on a shutter makes the readiest means of conveyance to home or hospital, as the case may be. Pillows may be used to make the part inured comfortable to the patient. In fractures of

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the leg it is useful to secure the injured limb to the sound one by means of two or three handkerchiefs. This prevents twitchings of the limb from spasmodic action of the muscles, and is often a great comfort to the sufferer.

Sprains.—Pain of a sickening character, followed rapidly by swelling and inflammation of the part. A bad sprain is worse than a simple fracture. Sprains are specially dangerous to strumous children, and may give rise to disease of the joint.

Rest is the first point in the treatment of a sprain. A splint is useful sometimes to insure rest; cold lotions or warm fomentations, "according to the comfort cold or warmth affords." (Bryant.) Sometimes leeches are necessary. These and many other measures require a medical man to decide upon.

Simple stimulating embrocations—hartshorn and oil, compound camphor liniment, and especially oleate of mercury—are useful in the chronic condition left after sprains. For mere weakness of the joint, a good bandage or strapping around the part, to give support, is useful.

Foreign Bodies.—1. *Swallowed.*—If the substance can be seen in the throat on opening the

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mouth, remove it. Feel with the finger down the throat, if it be a fish bone, and if felt, tweezers will remove it. Making the child vomit may be tried when the substance is just swallowed, and is smooth and round. But it is usually safer and better to let it pass on to the bowels. Give suet pudding and farinaceous food, to help to form a concretive mass around it, and if in a day or so it is not passed naturally, a dose of castor oil will probably remove it.

2. *In the Windpipe.*—This is something "going the wrong way," and attended by imminent suffocation. Excite vomiting, turn the child upside down, and slap its back. Get your doctor as quickly as possible, and let him know what has happened, that he may bring instruments with him.

3. *In the Nose.*—A child will sometimes push something up the nose and say nothing about it. Its breathing becomes "stuffy," and there is discharge from a swelling of *one nostril only*. A surgeon should always be asked to remove substances from the nostril.

4. *In the Ear.*—Syringing with a douche syringe, with warm water, may be tried along the roof or floor of the meatus of the ear. Amateur

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tweezer efforts are not permissible among the delicate parts of the ear.

In the Eye.—Particles of grit, cinder, a small insect, a hair, or other substance must be searched for. The lower lid is easily everted and its contents seen. The upper requires turning back over a knitting needle, when a spill of soft paper, a corner of a silk handkerchief, or other means, will remove the object when detected. Afterwards, a drop of castor oil is a soothing application.

For a morsel of quicklime remove what is readily removable, and bathe the eye for ten minutes or more with vinegar and water (one part vinegar to three or four parts water), or lemon juice in water will answer the purpose of neutralizing the dangerous effects of the alkali. A drop of castor oil is useful in this case also. But, after lime in the eye, a doctor should always be sent for; inflammation and loss of sight not unfrequently follow any neglect in this accident.

Stings and Bites.—In stings, ammonia or soda are useful to neutralize the formic acid, the active principle of the poison in wasps, spiders, etc. The stings should be removed with a fine pair of forceps, if they can be detected. Hartshorn and

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oil, and compound camphor liniment are good after-applications.

A sting in the throat is dangerous, from swelling, and requires the immediate presence of the surgeon.

A poultice of ipecacuanha is largely employed in Australia in cases of venomous bite. The wound should be previously sucked. If the bite be from a dangerous reptile, ammonia internally and stimulants in large doses are necessary.

In the case of bite from an animal suspected to be mad, sucking the wound, cutting out the wound, and the actual cautery, are the readiest means; the iron, heated to dull redness, is to be freely employed over the bitten surfaces. Lunar caustic, if at hand, is also efficacious, rubbed freely into the wounds. It is better to overdo than underdo the destructive work in these cases.

Poison.—If it is uncertain what has been taken, an emetic—ground mustard, two teaspoonfuls in half a teacupful of warm water; if not at hand, a teacupful of water, with as much common salt as it will take up—must be forced down; and if vomiting is not excited, tickle the fauces with a feather, or put the finger down the throat, and make the child swallow warm water plentifully. The

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best antidotes in a general way, likely to be at hand in all poisoning cases, are white of egg, milk, and oil. Give these after causing sickness, till your doctor comes.

If the poison be known, and is opium, got, as so frequently happens, from cordials, soothing syrups, carminatives, and the like abominations, make the child sick.

Give sulphate of zinc, twenty grains, in sweetened water. Shake the child, walk it about in the fresh air, slap it, shout at it, sponge it with cold water, give it a little strong coffee. Do not let it go to sleep, on any account, or it will die.

When sending for your doctor, let him know the poison, if you are aware of it, that he may save time by bringing suitable remedies.

Sunstroke and Concussion.—The child is brought in pale, perhaps insensible, with very small, feeble, fluttering pulse. It has been exposed to the sun. Carry the child to a cool room, or place it under a wall or shade of some kind. Keep off bystanders. Remove the clothes, and dash cold water over the head and chest. Give a little sal volatile in water, if the child can swallow, but do not overdo stimulants. Get a doctor as quickly as possible.

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The child has had a fall or a blow, and is brought in stunned. Strip off the clothes, wrap the child in warm blankets, chafe and rub the body with the palm of the hand, into which has been poured a little brandy or turpentine. Get hot bottles ready, and apply to the feet, legs, and sides, and get down some warm, nourishing drink, as beef-tea, or hot milk, when the child can swallow. Stimulants are usually best avoided. The head may be kept cool with cold cloths, or ice, if necessary. The case will probably require careful attention for several days. Vomiting is often the first sign of returning sensibility.

Drowning.—Artificial Respiration.—The child should be turned on its face for a moment or two, to let water run out of the mouth, which should be cleared of dirt and saliva. The wet clothes should be stripped off, and the child placed in a warm blanket; the surface of the body chafed and rubbed with hot flannels, the rubbing being in the direction toward the heart. A hot brick, or bottle or two, in flannel, will be useful about the sides and between the thighs. Smelling salts may be held to the nose. No time should be lost in commencing artificial respiration in bad or doubtful cases. The tongue is to be pulled forward and

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held between the finger and thumb, the child then being on his back, with the head and shoulders raised slightly by pillows; stand behind his head and grasp his arms just above the elbows, draw them steadily and gently upward until they meet above the child's head, and let them remain so a few seconds; then bring the arms down again to the side of the chest, and let them compress it slightly for another second or two. These acts imitate inspiration and expiration, and are to be steadfastly and calmly carried out about sixteen to twenty times in one minute—not faster—for at least half an hour, if not successful sooner. When successful, put the child between warm blankets, and give a little warm wine and water, and absolutely insure rest for some hours afterward, lest a relapse occur.

To render it inexcusable—nay *culpable*—in any mother to administer quack remedies to her child, I append here the compositions of the leading quack remedies administered to children.

When any person who loves truth reads the advertisements and "testimonials" of these remedies, and then quietly examines of what the boasted remedies consist, let us hope that the pow-

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erful lines of the Rev. George Crabbe may be more and more taken to heart, pondered over, and *acted upon* by the public:—

"But now our quacks are gamesters, and they play
With craft and skill, to ruin and betray.
With *monstrous promise* they delude the mind,
And thrive on all that tortures human kind.
Void of all honor, avaricious, rash,
The daring tribe compound their boasted trash.
Tincture or syrup, lotion, drop, or pill,
All tempt the sick to trust the lying bill.
* * * * * *
Then the good nurse (who, had she borne a brain,
Had sought the *cause* that made her babe complain)
Has all her efforts, loving soul, applied
To set the cry, and not the cause, aside:
She gave her powerful sweet without remorse—
The Sleeping Cordial (she had tried its force)
Repeating oft—the infant, freed from pain,
Rejected food, but took the dose again.
Soon she may spare her cordial; not a doubt
Remains, but quickly he will rest without."

I would that, for the health and honor of our common humanity, these lines, now nearly seventy years old, and, if possible, truer this day and more needed than they were the day they were written—I say, I would these lines were written, in the beautiful language of Solomon, "upon the table of the heart" of every mother, for their price, like that of wisdom, is above rubies.

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I am chiefly indebted to Taylor's "Medical Jurisprudence," and to Cooley's "Practical Receipts," for the following analyses.

Mrs. Winslow's Soothing Syrup, called also *Quietness* (appropriate name), resembles syrup of poppies. *Its effects are those of a narcotic.*

Two doses of this caused the death of a child, aged fifteen months, with the usual signs of narcotic poisoning (*Pharmaceutical Journal*, 1872, page 618).

One ounce contains one grain of morphia, with other opium alkaloids. It is not surprising that it should prove fatal to infants in small doses.

Godfrey's Cordial is chiefly a mixture of sassafras, treacle, and tincture of opium. It is estimated to contain half a grain of opium to the ounce. In four years, 1863–1867, 56 deaths were recorded to have taken place from this compound.

Dalby's Carminative.—This is a compound of several essential oils, aromatic tinctures, peppermint water, carbonate of magnesia, and tincture of opium. This is estimated to contain one-sixth of a grain of opium to the ounce; but, like all

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quack preparations, it varies in strength. A dose of forty drops is reported to have destroyed life in an infant. "Accidents frequently occur from its use; partly owing to ignorance, and partly to gross carelessness on the part of nurses and mothers."—(*Taylor.*)

Atkinson's Infant Preservative (!) contains one drachm of laudanum in the pint, the rest being aniseed, sal-volatile, magnesia, saffron, and carraway water.

Kaye's Infant Preservative (!)—Like Atkinson's and Godfrey's, but stronger, and therefore more dangerous.

Steedman's Powders.—I consider these to be the cause of great evil and even mortality among children. They are very largely used in England, in India, and elsewhere, and I have repeatedly seen their direful and dangerous effects. A person named Stedman has an imitation of them, and there is much squabbling over the "original" and "genuine." Let every mother remember that each of these powders contains three-quarters of a grain of calomel (*B. J. Grosjean*), and she will be more chary of poisoning her child's

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system with them. I have known these powders given to the same child over and over again, for the effect of calomel is often very "soothing" upon children, until all the worst effects of mercury have followed their use. If these powders have been employed, let the doctor know, when he commences to treat the child, that he may be in a position to avert any ill results or alleviate any symptoms, the very cause of which would otherwise, probably, be hidden from him. Calomel is a powerful and valuable remedy in competent hands, and were these powders sold as three-quarter grain calomel powders, there could be no objection; but this would not pay; it must be "Soothing" powders, or "Teething" powders, or some plausible name, to extract the thirteen pence halfpenny, three halfpence of which the government of the greatest empire in the world is not ashamed to take as part of its revenue for the "patent." Truly,

"Pecunia non olet."

I have an equal objection to "worm powders," "worm cakes," "worm lozenges," of all kinds. Calomel, jalap and santonine make up the bulk of these. You cannot tell the quantities nor proportions. It is infinitely better and *cheaper* in the

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long run (and that element seems to govern all things medical), to ask a respectable doctor to prescribe some worm medicine suitable to the *kind* of worms your child suffers from, and *also suitable to its constitution and actual state*, things which empirical remedies are far too free and aspiring to be shackled by.

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MEDICINES AND APPLIANCES DESIRABLE TO HAVE IN A HOUSE.

The doses indicated are suitable for a child a year old.

The following table indicates, for general purposes, the doses suitable for different ages:—

Say the dose for a child 1 year old is 5 grains or 5 drops, then the dose for a child 6 months old is 2 grains.

Ditto for a child 2 years is 8 grains.

"	"	3	"	10	"
"	"	4	"	15	"
"	"	7	"	20	"
"	"	14	"	30	"

This table is approximate only; there is no rule without exceptions.

Arnica, Tincture of, mix with an equal quantity of hot or cold water, and apply on lint, for sprains, bruises, etc.

Soda, Bicarbonate of, 2 to 3 grains.

Potash, Bicarbonate of, 2 to 3 grains.

Potassium, Bromide of, 1 to 2 grains; very valuable in convulsive and spasmodic diseases. As a sedative one grain of chloral hydrate may be added for a child a year old.

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Camphorated Oil, a useful liniment.

Spirits of Camphor, 1 to 2 drops in diarrhœa, etc. May be given on lump sugar.

Castor Oil.

Catechu, Tincture of, 5 drops in diarrhœa.

Potash, Chlorate of, 2 grains in febrile diseases, in sore throats, in diphtheria, in ulcerated mouth, etc. Repeated every 2 or 3 hours. One drachm, with a little honey and half a pint of water, makes an excellent gargle.

Potash, Citrate of, 1 to 4 or 5 grains; useful in feverishness, high-colored urine, etc.

Chloric Ether, 1 to 2 drops; anti-spasmodic and stimulant.

Tartarated Soda, Rochelle Salt, 3 to 5 grains.

Dover's Powder, various uses, diaphoretic, anodyne, etc., 1/8 to 1/4 grain. To be used with care.

Glycerine.

Gregory's Powder, 3 to 5 grains.

Gray Powder, 1 grain or 2 grains.

Calomel, 1/4 to 1/2 grain, or grain.

Ipecacuanha Wine, 3 drops as an expectorant, 20 drops as an emetic.

Ipecacuanha Powder, 1/8 to 1/4 grain, emetic.

Iron, Tincture of, dose 2 drops; tonic and astringent. Outwardly most useful in hemorrhage, rags being soaked in it and applied to the part.

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Lime Water.

Laudanum (Tincture of Opium), ⅓ drop.

Magnesia, Dinneford's Fluid.

Nitre, Sweet Spirits of, diuretic, diaphoretic, dose 3 to 5 drops.

Opodeldoc, a useful liniment.

Quinine, Sulphate of, ⅙ to ¼ grain.

Rhubarb, Tincture of, 30 drops as a purgative.

Rhubarb, Powdered, 2 grains.

Sal Volatile, 2 drops.

Zinc, Ointment of.

Zinc, Sulphate of, 10 or 20 grains, as an emetic, for a child 3 or 4 years old.

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OTHER REMEDIES

GENERALLY KEPT IN ALL HOUSES, AND OF USE IN EMERGENCIES.

Alcohol.

Cayenne Pepper.

Condy's Fluid, disinfectant, for lotions, gargles, etc.

Ginger,
Linseed Meal,
Bread,
} Poultices.

Milk, in poisoning.

Mustard, emetic, 10 grains.

Olive Oil, Salad Oil.

Common Salt.

Sulphur.

Turpentine.

Vinegar.

White of Egg, in poisoning.

Further should be kept:—

Sticking Plaster.

Rigollot's Mustard Leaves.

Lint and Cotton Wool, and a bandage or two.

Two or three Camel's Hair Brushes.

A good Enema Syringe (Higginson's).

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A Handball Syringe, about 3 ounce size.

Caustic.

Scales and Weights.

A Graduated Medicine Glass.

A Minim Glass.

WEIGHTS AND MEASURES.

Solid.

60 grains make..... ..... 1 drachm.
8 drachms..... ..... 1 ounce.
16 ounces..... ..... 1 pound.

Liquid.

60 minims make..... 1 fluid drachm.
8 drachms..... ..... 1 fluid ounce.
20 ounces..... ..... 1 pint.

Do not drop medicines, but measure the number of minims in the minim glass.

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A FEW SIMPLE PRESCRIPTIONS.

(*When not otherwise specified, suitable to children about 3 years old.*)

Blood Restorers. — *Cod-liver Oil.* — Cod-liver oil is a sheet-anchor of medicine in scrofula, tuberculosis, and debility of all sorts, glandular enlargements, rickets, etc.

The secret of giving cod-liver oil successfully is *not to give too much*, and to give it at the right time. Small quantities are best to begin with, a few drops for a very young child, half a drachm to a drachm for older ones, in orange wine, or a little weak nitro-muriatic acid in water, well sweetened. It should be given so as not to clash with meals, or soon after a meal; if before, it spoils the appetite. Bedtime is a good time when it causes sickness; the child lying down immediately afterwards, it is usually well retained. When it causes diarrhœa, and often in rickets, I give it with equal parts of lime water. As an external application to many obstinate forms of eczema of the head, and other cutaneous diseases, I have found it extremely valuable.

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If necessary, it may be made into an ointment, as—

℞. Ol. Morrhuæ.....half an ounce.
Liquoris Potasse.....half a drachm.
Fresh lard as necessary.
Ft. unguent. —(*Dr. Neligan.*)

When cod-liver oil cannot be tolerated, glycerine and cocoanut oil are the best substitutes. They should be given in doses of from 1 to 2 drachms, two or three times a day. I have tried the Dugong oil, but do not think that it possesses any special merit, nor yet the cod-liver oil, emulsions, jellies, etc.; I much prefer the plain oil. Some bear the light brown kinds well; others prefer the pale. The finest sample of cod-liver oil I have seen came from Messrs. Southall's, of Birmingham. Burgundy or claret make good vehicles for cod-liver oil, or it may be given, sandwich fashion, in a little brandy and water; that is, pouring a little brandy and water at the bottom of the glass, then floating the oil, wetting the side of the glass with brandy and water, and finally pouring a little *rather* stronger over the top of the oil will make it slip down tastelessly. Ice in the oil also renders it nearly tasteless. If the oil be thick, from cold weather, it should be warmed and made clear before administration.

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As a rule, children get to *like* it without artificial means of any kind; I am, therefore, merely supplying hints for possible difficulties.

Hydrated Oil and Pancreatic Emulsion are also very valuable in many of the chronic wasting diseases of children.

Iron.—The simplest forms in which to give iron are as "steel wine" (dose, half a teaspoonful, in water, for a child a year old), as syrup of the iodide of iron, especially useful for swollen glands, etc. (dose, half a teaspoonful for a child four or five years), as syrup of the phosphates, or Parrish's chemical food (dose, half a teaspoonful upwards, for a child four or five years old).

The phosphate of lime, dose, 1 to 3 grains, may be sprinkled on bread and butter, and given in rickets, diarrhœa of chronic type, and many wasting diseases.

℞. Powdered Phosphate of Lime,..gr. 15.
Nitrate of Bismuth,.....gr. 15.
White Sugar.....1 drachm.

Divide into five powders, and give one, night and morning, in chronic diarrhœa.

AN ASTRINGENT MIXTURE.

℞. Aromatic Confection.....1 drachm,
Sal Volatile.....half a drachm.
Tincture of Kino.....half a drachm.
Syrup of Ginger.....3 drachms.
Dill Water, to make up.....12 drachms.

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Dose, one or two teaspoonfuls every two or three hours, in relaxed bowels.

LAUDANUM (WHERE NECESSARY).

℞. Laudanum.....1 drop.
Syrup of Saffron.....½ ounce.
Water.....½ ounce.

Dose, a teaspoonful for a child six months old; two teaspoonfuls for a child a year old.

BELLADONNA. (HOOPING COUGH.)

℞. Extract of Belladonna.....½ grain.
Syrup.....1 ounce.
Water.....2 ounces.

For a child a year old, a teaspoonful frequently.

ACONITE.

℞. Tincture of Aconite.....¼ drop to ½ drop.
Water.....1 teaspoonful.

To be given every hour for several consecutive hours, in inflammations, fever, etc., for a child three or four years old; one-tenth drop is sufficient for a baby one year old.

TONIC.

Citrate of Iron and Quinine, 1 grain upward, in sweetened water, two or three times a day.

A COUGH LINCTUS.

℞. Honey.....2 ounces.
Syrup of Red Poppy.....5 drachms.
Dilute Nitric Acid.....4 drachms.
Glycerine.....1 ounce.
Mucilage.....up to 8 ounces.

Two teaspoonfuls for a dose, child five or six years old.

To this may be added, when necessary, Solu-

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tion of Bimeconate of Morphia, one teaspoonful. But this I cannot recommend to be done without medical advice.

FOR HOOPING COUGH.

℞ Bromide of Potassium.....16 grains.
Bromide of Ammonium.....32 grains.
Syrup of Red Poppies.....3 drachms.
Water.....up to 4 ounces.

Dose, two teaspoonfuls every two, three, or four hours, for a child five years old.

A STIMULANT MIXTURE.

℞. Ether.....5 drops.
Chloric Ether.....5 drops.
Spirit of Nutmeg.....10 drops.
Infusion of Cloves.....to ½ ounce.

A draught in great prostration, or on recession of a rash, for a child five or six years old.

℞. Solution of Chlorinated Soda 1 drachm.
Tincture of Bark.....6 drachms.
Brandy.....12 drachms.
Water.....to 8 ounces.

A dessert to a tablespoonful in exhaustion of low fever, etc. (child five to six years old).

MAGNESIA.

℞. Magnesia... .....3 to 5 or 10 grains.
Syrup of Roses.....a teaspoonful.

A laxative for very young children.

DIARRHŒA.

℞. Aromatic Sulphuric Acid...2 drops.
Syrup.....a teaspoonful.
Water.....a teaspoonful.

In diarrhœa, for a child five years old.

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FEBRILE AFFECTIONS.

℞. Chlorate of Potash.....3 to 5 or 10 grains.
Syrup of Glycerine.....a small quantity.
Water.....2 or 3 teaspoonfuls.

In low fever and feverish attacks, bad thrush, and affections of the mouth and throat generally.

EMETICS.

℞. Powdered Ipecacuanha.....½ to 1 grain.
Powdered Sugar.....a little.

Safe for young infants; repeat every quarter of an hour till sickness results.

Wine of Ipecacuanha, a teaspoonful and more, every quarter of an hour till vomiting is caused. Warm water should be drunk, to aid the emetic action.

A teaspoonful or two of Mustard in warm water makes a capital emetic.

SIMPLE APERIENTS—FOR INFANTS..

℞. Manna.....30 to 60 grains.
Fluid Magnesia.....a teaspoonful upward.

FOR YOUNG CHILDREN.

℞. Confection of Senna.....½ drachm or more.
Gregory's Powder.....3 to 5 grains.
Tamar Indien.....¼ lozenge.
Castor Oil.....a teaspoonful.
Sweet Essence of Senna.....a teaspoonful or more.

For an infant, a piece of yellow soap the size and shape of the little finger gently introduced into the bowel and held there a few seconds, will generally procure the required relief. This is harmless, and admirable for general use; it is a sort of solid enema. An enema of warm soap-

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suds and water for a baby, an ounce: for older children, three or four ounces may be used with an ordinary hand-ball syringe; the pipe or nozzle should be oiled and very gently introduced. Fluid enemas are not to be used too frequently, as they weaken the lower bowel.

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EXTERNAL APPLICATIONS.

BATHS.

A Tepid Bath for a child should have a temperature of about 85° Fahr.

A Warm Bath for a child should have a temperature of about 90° Fahr.

A Hot Bath for a child should have a temperature of about 98° Fahr.

When a child evidently dreads the water, an excellent plan is to cover the bath with a blanket, to place the child thereon, and then gently to lower it into the water. By this simple plan much screaming, terror, and unnecessary exhaustion are avoided.

Ice is a most useful agent in the diseases of children, applied to the head in convulsions, fever, meningitis, etc.; sucked, it is grateful in fevers, and valuable in affections of the throat, *e. g.*, diphtheria, and tonsillitis, etc. It is also useful to check sickness and hemorrhage.

Dr. Chapman's spinal ice-bag is recommended in child-crowing, St. Vitus' Dance, convulsions, and tetanus.

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Blanket Bath.—This is useful in producing ready sweating. A blanket is wrung out of hot water and wrapped around the child. Three or four dry blankets are then thrown over, and the child left for half an hour or so. The body should then be rubbed with a soft, "fluffy" towel, to absorb the moisture thoroughly, and the child should of course remain in bed.

The Wet Compress consists simply of a roll of flannel or soft linen dipped in cold water and wrung out, and then applied to the part indicated, over it a piece of waterproof sheeting may be placed, rather larger than the roll.

The Cooled Bath.—The child is immersed in water at 95° Fahr., which in about thirty minutes is cooled to 70° Fahr., or lower, if necessary, by the addition of cold water. A child may, however, be often wrapped in a wet sheet, and a little cold water poured over its head as a readier measure answering a similar object.

NITO-MURIATIC ACID BATH.

℞. Nitric Acid..... 1 fluid ounce.
Hydrochloric Acid..... 2 fluid ounces.
Warm Water.....10 gallons.

This must be made in a wooden bath, and the child should remain in it about ten minutes. It is used chiefly for hepatic sluggishness.

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SULPHUR BATH.

℞. Sulphide of Potassium..... 2 ounces.
Warm Water.....10 gallons.

Useful in scabies, and in chorea, and other nervous affections.

SALT-WATER BATH.

℞. Common Bay Salt, or better, Tidman's Sea Salt..... 4 ounces.
Water, warm or cold (according to seasons etc.)..... 4 gallons.

To be used every morning in tuberculosis, scrofulosis, general debility, rickets, etc.; a most useful remedy. The whole body should be rubbed after every bath with a Turkish towel, or rough bath gloves, to excite healthy action of the skin.

MUSTARD BATH.

℞. Powdered Mustard..... 2 ounces.
Hot Water..... 4 gallons.

For a foot-bath, as a derivative, occasionally as a stimulant; in conditions of great exhaustion the child is immersed, all but its head.

IRON BATH.

℞. Sulphate of Iron .....½ ounce.
Water ..... 4 gallons.

For strumous and rickety children. The Ammonio-Citrate of Iron may be used, but it is more expensive. The Steel bath is useful in some diseases of the skin.

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DIETARY.

1. *Good Nutritious Beef Tea.*—Mince one pound of good beef (from which all skin, fat, etc., have been carefully removed), and pour upon it, in an earthen jar, one pint of cold water. Stir and let stand for one hour. Then place the jar in a moderate oven for one hour, or stand the jar in a saucepan of water and allow the water to boil gently for an hour. To be exact, the heat to which the beef-tea is raised should not exceed 180° Fahr. Strain through a coarse sieve and allow it to get cold. When wanted remove every particle of fat from the top; warm up as much as may be required, adding a little salt. Beef tea should, except in the hottest weather, be made a day before it is wanted.

2. *Essence of Beef.*—One pound of gravy beef, free from skin and fat; chop as fine as mince meat, pound in a mortar with three tablespoonfuls of soft water and soak for two hours. Then put in a covered earthen jar with a little salt, cement the edges of the cover with pudding paste and tie a piece of cloth over the top. Place the jar in a

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pot half full of boiling water, and keep the pot on the fire for four hours, simmering. Strain off the liquid essence through a coarse sieve: it will be about five or six ounces in quantity. One teaspoonful frequently, with or without wine or brandy, as may be ordered. A teaspoonful of cream may occasionally be added with advantage, to four ounces of the essence, or it may be thickened with flour, arrowroot or sago.

3. *Beef Tea in Haste.*—Scrape one pound of lean beef into fibres on a board. Place the scraped meat into a delicately-clean, white-lined saucepan, and pour half a pint of boiling water upon it. Cover closely and set by the side of the fire for ten minutes, strain into a teacup, place the teacup in a basin of ice-cold water, then remove all fat from the surface, pour into a warmed cup, warm this gently with hot water or otherwise and serve. This can be ready in fifteen minutes, and double the quantity of meat can be used, if necessary. Bread and blotting-paper are ineffectual to remove all the fat. A tomato makes excellent flavoring, and other flavors can be added, if desired. For children, however, the simpler aliments are the better.

4. *Beef and Chicken Broth.*—One pound of

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good lean beef and a chicken, boned, should be pounded together in a mortar, a little salt added, and the whole placed in a saucepan with nearly three pints of cold water. Stir over the fire until it boils, then boil half an hour, strain through a coarse sieve and serve.

5. *Raw Meat.*—Lean meat (beef, fowl or mutton) minced finely or grated, one part, and pure white sugar two parts, thoroughly mixed in a mortar. One teaspoonful every two, three or four hours, in diarrhœa, etc.

6. *Liebig's Food for Infants.*—Wheaten flour, half an ounce; malt flour, half an ounce; bicarbonate of potash, seven and a quarter grains; water, one ounce. Mix: add five ounces of cow's milk, and put the whole on a gentle fire and stir; when it begins to thicken it is to be removed; stir five minutes; heat and stir again till it becomes fluid, and finally made to boil; strain through a muslin sieve. Stated to be slightly aperient, and where there is a tendency to diarrhœa, twenty grains of prepared chalk are to be substituted for the potash.

"Laputa never devised anything more preposterous than Liebig's food for infants." Dr. King Chambers makes this remark, and, despite the

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praise of other high authorities, I agree with Dr. Chambers. Nevertheless, let those use it who admire it.

7. *Chicken, Veal, and Mutton Broths.*—The fleshy part of the knuckle of veal, a chicken, bones and all, chopped up, or two pounds of the scrag end of neck of mutton, added to two pints of water, with a little pepper and salt, and boiled two hours and strained, all make excellent broth. Pearl barley, rice, or vermicelli, boiled separately till quite soft, may be added when either of the broths is heated for use. All fat must be always carefully removed by skimming when cold.

8. *Milk and Gelatine, or Isinglass.*—Half an ounce of gelatine to be dissolved in half a pint of hot barley water; an ounce of powdered loaf sugar added, and a pint of new cow's milk poured in, makes an imitation of *ass's* milk.

Dissolve a little isinglass in water, mix well with half a pint of new milk, boil, and add sugar or not, as desired.

9. *Milk and Suet.*—Chop one ounce of calves' suet very fine, tie lightly in a muslin bag, and boil slowly in a quart of new milk; sweeten with pounded loaf sugar. This is an imitation of *goat's* milk.

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Boil one ounce of finely chopped suet with a quarter of a pint of water for ten minutes, and press through linen or flannel. Then add one drachm of bruised cinnamon, one ounce of sugar, and three-quarters of a pint of milk. Boil for ten minutes, and strain. Not more than a wine-glassful should be given at a time, as it is liable to derange the stomach and cause diarrhœa; a little old brandy, or a teaspoonful of La Grande Chartreuse, will prevent this, where, in older children, the highly nutritious and fattening qualities of this combination are desirable.

10. *Milk and Lime Water.*—Half a teaspoonful of the sweetened solution of lime, or an ounce to two ounces of plain lime water, may be added to four ounces of new milk; or equal parts of milk and soda water make a good drink in sickness, and irritable and sour stomachs.

Fifteen grains of bicarbonate of soda added to a quart of fresh milk will prevent its turning sour for several hours, and will rather aid than impair its digestibility.

11. *Bread Jelly.*—Steep stale bread in boiling water, and pass through a fine sieve while hot. It may be flavored and taken alone, or mixed and boiled with milk.

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12. *Rice Cream.*—A quarter of a pound of whole rice, well boiled in milk, and put in a sieve to drain and cool; mix with the rice a gill of good cream, whisked to a froth, and add a wineglassful of Madeira and a little powdered loaf sugar.

13. *Rice Milk.*—Three tablespoonfuls of rice, one quart of milk, wash the rice and put into a saucepan with the milk, simmer till the rice is tender, stirring now and then, and sweeten. Tapioca, semolina, vermicelli, and macaroni may be similarly prepared.

14. *Rice Water.*—One ounce of well-washed Carolina rice. Macerate for three hours at a gentle heat, in a quart of water, and then boil slowly for an hour, and strain. It may be sweetened and flavored with a little lemon peel. Useful in diarrhœa, etc., when the flavoring is best dispensed with, and a little old Cognac added.

15. *Barley Water.*—Wash two ounces of pearl barley with cold water, then boil for five minutes in some fresh water, and throw both waters away. Then pour on a pint and a half of boiling water, and boil down one half. Flavor with thinly cut lemon rind, and add sugar to taste. A little isinglass may be added, if desired.

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16. *Rice Gruel* (for diarrhœa).—Ground rice, two ounces, cinnamon, a quarter of an ounce, water, four pints. Boil for forty minutes, and add a tablespoonful of orange marmalade.

17. *Lemonade.*—The rind of three lemons, pared as thin as possible, should be added to a quart of boiling water, and a quarter or half an ounce of isinglass. They should stand twenty-four hours, covered, then squeeze the juice of eight lemons upon half a pound of lump sugar; when the sugar is dissolved pour the lemon and water upon it, mix, strain, and serve.

18. *Refreshing Drinks.*—Orange, lemon, limes, or pineapple, sliced small and put into a jug with an ounce or so of sugar candy. Some of the fresh juice of the fruit should be then squeezed into the jug, and a pint of boiling water poured on.

19. *Tamarind Whey.*—Two tablespoonfuls of tamarinds, stirred into a pint of boiling milk, and strained. A quarter of an ounce of cream of tartar may be similarly treated, and a little sugar candy added.

20. *Orgeat.*—Two ounces of sweet almonds blanched, and a few drops of bitter almond flavor. Pound, with a little orange flower water,

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into a paste, and rub up with a pint of milk and a pint of water, until an emulsion is formed. Strain and sweeten.

21. *Egg Soup.*—The yolks of two eggs, a pint of water, half an ounce or so of butter, and sugar to taste; beat up together over a slow fire, adding the water gradually. When it begins to boil, pour backwards and forwards between the jug and saucepan till quite smooth and frothy.

22. *Rose Tea.*—Take of red rosebuds (the white heels being removed), half an ounce, three tablespoonfuls of white wine vinegar, sugar or sugar candy, one ounce. Put into one quart of boiling water, and let stand near a fire for two hours and strain.

Similar drinks may be made with guava jelly, damson jelly, syrup of German cherry-juice, apple jelly, Cape gooseberry jam, etc.

23. *Jelly Water.*—A dessertspoonful of wild cherry or blackberry jelly; one goblet of ice-water. Beat up well. Excellent in fever, as a drink.

24. *Iceland Moss Jelly.*—One handful of Iceland moss well washed, one quart of boiling water, the juice of two lemons, one glass of wine, one quarter of a teaspoonful of cinnamon. The moss should be soaked an hour in a little cold water,

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then stirred into the boiling water, and simmer till dissolved. Sweeten, flavor, and strain into moulds. This jelly is very nourishing and is specially useful in chronic colds.

25. *Isinglass Jelly.*—Isinglass, one ounce, pure gum arabic, half an ounce, white sugar candy, one ounce, port wine, half a pint, a little nutmeg grated. These should be put in a jar, to stand twelve hours, covered well, to prevent evaporation, then placed in a saucepan with sufficient water to simmer till the contents are melted; the whole should be stirred, then allowed to stand to cool. A teaspoonful is reviving in cases of extreme exhaustion.

26. *Chicken Jelly.*—Half a raw chicken pounded with a mallet, bones and meat together. Cold water to cover it well. Heat slowly in a covered vessel and let it simmer until the meat is in white rags, and the liquid reduced one-half; strain, and press through a coarse cloth, add a little salt, return to the fire and simmer five minutes longer; skim when cool. Wine or seasoning may be added with the salt if desirable.

27. *Arrowroot Wine Jelly.*—One cup of boiling water, two teaspoonfuls of arrowroot, two teaspoonfuls of white sugar, one dessertspoonful of

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brandy, or three of wine; wet the arrowroot in a little cold water and rub smooth, then stir into the hot water, which should be on the fire and boiling at the time with the sugar already melted in it. Stir until clear, boiling all the time, and add the wine or brandy. Wet a cup in cold water, and pour the jelly into form.

A teaspoonful of lemon juice may replace the wine or brandy. The jelly can then be eaten with sugar and cream.

28. *Iceland Moss and Irish Moss Jellies.*—Take of Iceland moss and of Irish moss one ounce each. Boil in a pint and a half of milk, slowly, for three-quarters of an hour. Strain through muslin and add sugar candy to taste, or an ounce of tincture of quinine may be added, when more sugar will be required. One or two teaspoonfuls may be taken often in the day.

29. *Palatable Castor Oil.*—

℞. Pulv. Gum Acac..... ℥ j.
Syrupi
Glycerini..... .....ää..... ℥ j.
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Ol. Cinnam. Ver..... ♏v. Misce.

Dose.—Double the quantity of oil intended to be given.

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30. *Nutritious Enemata.—Beef Tea and Brandy.*—Take of strong beef tea six ounces, one ounce of cream, half an ounce or less of brandy, or an ounce of port wine. This will be sufficient for three enamata; they should be given about every eight hours unless otherwise ordered. If no other nourishment is given, they will require to be given every four hours, and the stimulant should be reduced and a few drops (say three or four) of laudanum added, to control irritability of the bowels. A better plan is to chop finely the pancreas of a bullock, freed from fat, and mix with eight or nine ounces of glycerine. About a fourth part of this (or less for young children) is to be added to one or more ounces of finely-chopped meat, and injected into the rectum as soon as made. The rectum should be cleansed with a free injection of warm water from time to time during a course of feeding thereby, to prevent irritation by decomposition of unabsorbed matters.

Quinine, cod-liver oil, bark, and other remedies can, if desirable, be added to nutrient enemata.

31. *Stimulants.*—Regarding the use of alcoholic stimulants for children, I can only say that in health the less the better, and that even in disease

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their use is to be guarded and strictly medicinal. "Sipping from papa's glass" is a foolish and even dangerous custom, and may lay the foundation of craving for their immoderate use. Alcohol is accredited by Dr. Walshe and others with delaying the development of phthisis; that, indeed, "it excludes the formation of tubercle." Dr. King Chambers considers that it is rather that "the tubercles do not so soon break down into suppuration."

Whether with the object of preventing tuberculosis, or in great exhaustion, or in protracted illnesses, etc., if stimulants are to be given, what forms are best for children? As a daily drink, I regard a light bitter ale, or a little good sound porter, as among the most wholesome. The child should be instructed to drink rather towards the close of its meal than near the commencement.

Many of the light Hungarian, French, Greek and Australian wines are pleasant and harmless beverages. Diluted with water, they refresh in hot weather and may assist feeble digestion. Champagne (but it must be excellent in quality) is *the* wine for a sick stomach; whether the cause be sea sickness or what not, with a small lump of

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ice in it, we have few more efficient remedies. Champagne is light, diffusible, easily absorbed, transitory in its effects. It is admirable where a rapid volatile stimulant is required. A few drops of old Cognac may be added, in extreme prostration. Burgundies, especially the better kinds, such as Romanée, Chambertin, etc., are magnificent restorative stimulants. I have known patients recovering from exhausting illnesses remark that their glass of Burgundy seemed to "give them life." Port, if old and genuine, has also undoubted high value as a blood restorer. But the absolute necessity, in sickness, of having really fine wine deters one from running the risk of fusil oil and logwood. At any rate, that restorative wine is best the purity of which can be guaranteed, is a useful rule to bear in mind. I may enumerate a few very high-class restorative wines, special cases, of course, indicating some rather than others: Chateau d'Yquem, Madeira, Ruster, Red Kephesia, Como, Oberingelheimer, Steinberger cabinet, Carlowitz, Tokay, etc.

I have seen good results from the old-fashioned plan of allowing delicate young persons a glass of rum and milk early in the morning, say at least an hour, but better two hours, before break-

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fast. The rum should be old Jamaica, and a small quantity is enough. Half a teaspoonful to a teaspoonful for young children is plenty. Brandy, when necessary in sickness, *must* be old. "Three-star Hennessy" is reliable, but whatever the kind selected may be, the *older* the better, and it should be obtained where reliance can be placed on the vendor. The young, raw, fiery brandies sold are bad enough for strong stomachs; they are simply poison to the sick child. I have often, when an out-patients' physician, in crowded London districts, shuddered to hear of the "drop of brandy" and the "drop of gin" which some unhappy little one had been compelled to swallow to "do it good."

Regarding ginger, and orange, and the other "home-made" wines, they are innocent enough, except that with some children they are apt to produce biliousness or to turn sour on the stomach.

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